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Exercise4CheatMeals

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THIS BOOK IS DEDICATED
TO ALL MY FELLOW CREAMERS.
THE ONES WHO CREAM
MORNING, NOON, AND NIGHT,
AND WHO SECRETLY PLAN
DINNER JUST TO GET
TO DESSERT.

THANK YOU.

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INTRODUCTION

A TYPICAL PINT OF BEN & JERRY'S® HAS OVER 1,100 CALORIES.

A LARGE COOKIE DOUGH BLIZZARD® FROM DAIRY QUEEN® HAS 1,350 CALORIES.

A LARGE CHOCOLATE MILKSHAKE FROM BASKIN ROBBINS® HAS 1,450 CALORIES.

No, your eyes aren't deceiving you.

If you're anything like me, you can house one of these in minutes without thinking twice.

And my love for ice cream hasn't faded with age. It has only grown stronger.

Which brings us to the problem.

Trying to lose weight, and more importantly keep it off, is nearly impossible if you're eating these high-calorie creations on the regular.

On top of that, many people struggle to get enough protein each day. If you're familiar with choking down protein shakes, you know exactly how hard it can be.

For years, I made protein ice cream in a blender. It was great, but it never had the real, scoopable texture of ice cream. It was basically a high-volume, thick milkshake.

Once I bought the CREAMi®, everything changed.

But here's the harsh truth: not all pints are created equal.

If you pour in a store-bought protein shake and spin it, you're going to end up with something that tastes... well... like a frozen protein shake.

But give me 5–10 minutes of your time, and I'll show you how to turn that same pint into real ice cream that'll blow you away.

And sometimes, you deserve a gourmet ice cream that takes a little extra work but delivers results that rival your favorite ice cream shop.

The goal of this book is simple: teach you the techniques to make the best damn ice cream possible, right in your own kitchen.

The side effect?

Effortless weight loss and (hopefully) some muscle gain along the way.

Let's get into it.

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LET'S COVER MY BUTT AND YOURS....

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You should always consult with a physician or other qualified medical professional prior to following any of the recommendations contained in this cookbook or making any changes to your diet or lifestyle based on those recommendations.

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH THIS COOKBOOK.

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The information contained in this cookbook is intended to be a guide for the recreation and personalization of the various recipes. There are factors unique to you and outside the control of the Author and Publisher that will determine the outcome achieved when you prepare the recipes in this cookbook. Author does not and cannot guarantee any specific results from your use of the recipes in this cookbook. Author makes no warranties regarding and expressly disclaims all liability related to the outcome of your preparation of any of the recipes contained herein.

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ESSENTIAL SUPPLY LIST

THERE ARE CREAMI® RECIPES THAT ARE GOOD… AND THEN THERE ARE RECIPES THAT ARE GREAT.

THE DIFFERENCE?

HAVING THE RIGHT SUPPLIES AND INGREDIENTS READY TO GO. STOCK YOUR KITCHEN WITH THESE AND YOU'LL BE MAKING GREAT PINTS EVERY TIME. TO MAKE IT EVEN EASIER, I PUT TOGETHER AN AMAZON LIST. SO YOU CAN GRAB THE EXACT ONES I USE.

NINJA CREAMI®

Ninja tweaks the settings with every new model. For example, the sorbet button on one machine won't match another machine to a T. I use the original and that's the one I recommend if you're buying today. The deluxe matches about 95% of the settings from the original machine and works well too. The Swirl has even bigger setting changes, so it's best to avoid that one if possible.

SCALE

This isn't just about accurate calories, it's crucial for phenomenal ice cream. Every 0.1 gram matters, which is why I use a .1 precision scale. Most recipes call for measurements like 0.5g or 0.7g, so eyeballing isn't an option. Buy a good one once and it'll last for years.

EXTRA PINTS

Nobody wants to wait 24 hours for a pint to freeze to eat ice cream. Stock up on 5 to 7 pints so you can make a week's worth of ice cream in one go. No waiting, just creaming.

IMMERSION BLENDER

I use mine constantly for sauces, crushing tomatoes, blending cottage cheese smooth for cheesecake, and of course ice cream. It perfectly emulsifies dry and wet ingredients so every bite of our ice cream has the same sweetness and flavor. A whisk or frother won't cut it.

MEASURING CUPS

I keep two. One for wet ingredients and one for dry.

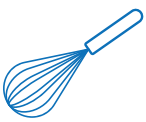
The spout makes slow, controlled pouring into a high-sided container easy, with no mess and no clumps. Well worth the money if you cream regularly.

SHEET PANS

Perfect for recipes like s'mores or mint chocolate chip that need baked mix-ins like graham cracker crumble. Mine have lasted over ten years and still help me cream to this day.

SILICONE SPATULAS

Get every last drop of batter, sauce, or ice cream base. Buy a 4 pack and thank me later.



SMALL WHISK

Ideal for mixing dry ingredients in your measuring cup. For bigger jobs like cookie dough, grab a full-size whisk and a bigger spatula.

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HIGH-PROTEIN MILK

Double the protein, same calories, real ice cream taste. What more can you ask for? Most of my recipes call for 1% milk, but if you can't find 1%, mix half 2% with half fat-free.

VANILLA EXTRACT

A staple for enhancing flavor, aroma, and sweetness in any ice cream. Buy in bulk and you'll be set for months.

OTHER EXTRACTS

Want bubble gum or cotton candy ice cream? Extracts are the only way. When creating your own recipe, try a few brands to find your favorite. One bottle usually lasts 10 to 20 pints.

PROTEIN POWDER

Whey only is the way to go. I use GORILLA MIND'S PROTEIN, but for the love of god, whatever brand you choose, make sure it tastes great. If you only keep one flavor in your house, make it vanilla since it works with almost anything. Need chocolate? Add cocoa powder and a touch more sweetener. Code E4CM saves you 10% on all Gorilla Mind products.

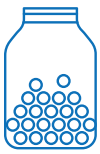
NONFAT MILK POWDER

Boosts creaminess, reduces iciness, and enhances flavor for minimal calories. A little goes a long way.

ERYTHRITOL

My go-to sweetener.

It is well tolerated, affordable, and doesn't cause digestion issues for most people, even in larger amounts. If you have a favorite sweetener, use that instead.



XANTHAN GUM

Holds water, keeps ingredients evenly suspended, and improves texture. If you don't like xanthan, swap in your preferred stabilizer. A stabilizer is a must for the best texture and mouthfeel.

DUTCH COCOA POWDER

Chocolate ice cream is fantastic, but to make one that tastes fantastic, you need high-quality cocoa powder. The one in the Amazon store is my go-to, but just make sure you have one on hand if you plan to make any chocolate based recipe in this book.

BLACK COCOA POWDER

A niche ingredient, but something I always have in the pantry. It's essential for authentic cookies and cream flavor.

VANILLA BEANS

Not necessary, but if you want to turn an 8/10 vanilla into an 11/10, add half a vanilla bean.

MUFFIN PAN

Only really needed for the jumbo muffins and cake shake recipes, but worth every inch of storage space if you plan to make them. Even if you skip the ice cream tie-in, these muffins are some of the most popular recipes on my channel for a reason.

MUFFIN LINERS

Keeps muffins from sticking, holds their shape, and saves your hands from burns. I use them every time I make muffins.

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THE MAGIC FORMULA FOR TOP TIER ICE CREAM

HAVE YOU EVER STOPPED TO THINK ABOUT WHAT ICE CREAM IS *ACTUALLY* MADE OF?

YOU MIGHT BE SURPRISED, BUT AT ITS CORE, IT'S SHOCKING SIMPLE:

1. **CREAM**
2. **MILK**
3. **SUGAR**
4. **AN EMULSIFIER (HELPS MIX FAT AND WATER)**
5. **A STABILIZER (KEEPS IT SMOOTH)**

BUT HERE'S THE ISSUE...

WHEN YOU'RE TRYING TO LOSE WEIGHT OR EVEN MAINTAIN IT, THESE SAME INGREDIENTS TURN YOUR ICE CREAM INTO A CALORIC BOMB.

WHY?

CREAM IS LOADED WITH FAT, AND WHEN YOU ADD IN ALL THAT SUGAR, THE CALORIES STACK UP FAST. PUT THEM TOGETHER AND YOU'VE GOT OVER 1,000 CALORIES IN SOMETHING YOU CAN INHALE IN MINUTES.

THE GOOD NEWS?

YOU CAN EASILY SWAP OUT THE HIGH-CALORIE INGREDIENTS FOR LOWER-CALORIE ALTERNATIVES THAT KEEP MOST OF THE TASTE AND TEXTURE YOU LOVE WITHOUT SACRIFICING YOUR PANTS SIZE.

IN THIS SECTION, I'LL WALK YOU THROUGH EACH INGREDIENT, EXPLAIN WHAT IT DOES, AND BREAK DOWN BOTH THE PROS AND CONS.

WET INGREDIENTS

Every pint in this book starts with about 440g of wet ingredients. That's the majority of your recipe — and the choices you make here will have a massive impact on calories, texture, and flavor.

HEAVY CREAM

Why it's used:

- Creates a rich, velvety texture
- Adds body and smoothness
- Gives that "premium" ice cream mouthfeel

The problem:

Fat.

Heavy cream is basically an ultra high-fat milk, and with fat comes calories.

MILK TYPE	FAT CONTENT
MILK	0-3%
HEAVY CREAM	36-40%

A 15g serving of cream has 30 calories. That doesn't seem like a lot... until you compare a cup (240g) to a cup of 2% milk

240G = 120 CALORIES

240G = 469 CALORIES

As you can see, this swap alone saves 350 calories and is a no-brainer.

Since heavy cream is so rich, most ice cream recipes add milk anyway to balance out the fat and help it freeze properly. This leads us to our next ingredient.

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MILK

Why it's used:

- Adds water for structure
- Helps ice cream freeze evenly
- Prevents it from being too dense or greasy

Contrary to popular belief, you *need* some water for top-tier ice cream. Without it, you would be basically biting into butter.

Milk isn't just a replacement for heavy cream. We can also adjust the fat percentage to improve the macros of our ice cream without sacrificing quality.

Instead of whole milk, we'll use 1% instead. This only changes the water content by 2-3%, but each cup we swap saves about 50 calories.

After copious amounts of testing, I've found that more times than not, 1% milk works perfectly for low-calorie ice cream. Similar mouthfeel, fewer calories.

What kind of milk?

I use high-protein milk in every recipe, and the macros in this book are based on it.

Most people don't realize high-protein milk brings way more to the table than just extra protein compared to regular milk.

Pros of high-protein milk:

- Higher casein = smoother, creamier ice cream
- 13g protein per cup vs. 7g in regular milk (same calories)
- Little to no protein powder needed, keeping that real ice cream flavor
- Longer shelf life
- Same sweetness with less sugar
- Less water content = better texture
- Easier to digest
- Higher calcium content

For these reasons, I believe high-protein milk is worth the extra cost.

If you have no problem meeting your protein goals, you can use regular milk instead. The quality will be almost the same, but you'll need to adjust the macros in the recipe.

Most recipes in this book use about 440g of milk. Here's the difference between high-protein milk and regular milk in that amount:

MILK TYPE	CALORIES	PROTEIN
HIGH-PROTEIN MILK	180	24G
REGULAR MILK	180	15G

That's 9g more protein per pint, without adding calories.

VANILLA EXTRACT

Vanilla extract might seem like a small detail, but it has a big impact on final flavor.

Why it's used:

- Adds depth and richness to any flavor
- Makes sweetness taste stronger just from the aroma alone
- Completes the "real ice cream" flavor profile

You may think using imitation vanilla won't make much of a difference, but you should think twice.

Real vs. Imitation:

- Real vanilla extract contains over 200 flavor and aroma compounds
- Imitation vanilla contains only 1

Because of its complexity, real vanilla makes your ice cream taste fuller, smoother, and more like what you'd get from a high-end ice cream shop.

NICK'S TIP: Buy real vanilla extract in bulk. It costs more upfront, but it lasts a long time and gives you consistent, top-quality flavor in every pint.

EGGS YOLKS (OPTIONAL)

Egg yolks are a natural emulsifier, which means they help fat and water blend together. They're a key ingredient in rich frozen desserts like gelato, frozen custard, and French-style ice creams.

Why They're Used:

- Improves creaminess and mouthfeel
- Adds richness to the flavor
- Helps stabilize the ice cream, so it melts evenly

I don't always add egg yolks because of the extra calories, but when I can fit them in, I do. One large yolk has about 55 calories, so throwing in one or two can be worth it for the boost in texture and flavor.

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SAFETY TIP: Getting salmonella from raw eggs is rare, but it's still possible. To be 100% safe, you can **PASTEURIZE YOUR EGGS BEFORE** using them. If you have a sous vide machine, you can pasteurize dozens of eggs at once without worrying about cooking them into hard-boiled eggs.

Low-Calorie Alternative:

If you want the emulsifying benefits without the extra calories, try soy lecithin or sunflower lecithin. **Please note:** I haven't tested them in my own recipes yet, but they're commonly used in many store-bought ice creams that don't use egg yolks.

DRY INGREDIENTS

Dry ingredients are just as important as wet ingredients when it comes to making great ice cream. They don't just affect flavor — they also control texture, sweetness, and how the ice cream freezes.

SUGAR

Most people know sugar makes ice cream sweet, but it has other benefits that may be even more important.

Other Benefits of Sugar:

- Lowers the freezing point = scoopable straight from the freezer
- Binds with water to prevent large ice crystals from forming
- Helps thicken the ice cream
- Easier on digestion vs. most artificial sweeteners
- Masks aftertaste from artificial sweeteners

Because of these benefits, I sometimes include small amounts of sugar in my recipes. If the calories allow for it, just 10g of sugar (40 calories) can make a noticeable difference in flavor and texture.

Still, ice cream needs a lot of sweetness, and we can't rely on sugar alone without the calories adding up. That's where low- or no-calorie sweeteners come in.

SWEETENERS

My go-to sweetener is erythritol and here's why:

- Causes the least digestive issues
- Truly 0 calories per 100g
- Relatively cheap when bought in bulk
- Adds bulk to the recipe like sugar does
- Minimal aftertaste if used in the right amount

Other options include stevia, monk fruit, oligosaccharides, allulose, and sucralose. Many of these are blended with erythritol, so it's best to experiment and see which taste you prefer.

NICK'S NOTE: My recipes are perfected for erythritol. If you use another sweetener, you'll need to run a few tests to figure out how much works for your taste.

If your recipe already includes protein powder, you'll need less sweetener. The more protein powder you use, the less sweetener you need. And since protein powder does a lot more than just add sweetness, let's talk about what else it has to offer.

PROTEIN POWDER

Protein powder isn't required to make ice cream, but it offers a lot of benefits if you use the right one.

Why It's Used:

- Adds protein for bare minimum calories
- Improves creaminess and texture
- Reduces iciness for better mouthfeel
- Less additional sweetener is needed

CAUTION: Choose your protein powder carefully.

The flavor of your protein powder will have a massive impact on the flavor of your ice cream. If it tastes bad on its own, it will taste bad in your ice cream — even if you add mix-ins. This is one of the most important choices you'll make in your recipe.

My personal favorite is Gorilla Mind's vanilla ice cream flavor. It blends perfectly and tastes amazing. It's what I use for all my testing, so it's guaranteed to work in every recipe in this book. But whatever you do, choose a high-quality, great-tasting powder you truly enjoy because you're wasting your hard earned $$$ otherwise.

You can grab **GORILLA MIND**'s here and get 10% off with code E4CM.

What Type Should I Use?

I recommend using whey-only protein powder. Whey and casein blends can work, but more than half a scoop can make the ice cream overly thick because of the casein. Casein-only is not ideal for these recipes due to thickness issues.

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SALT

Salt might not be the first ingredient you think of when making ice cream, but it makes a huge difference in flavor.

Why It's Used:

- Brings out and sharpens every flavor in the recipe
- Balances sweetness so it's not overpowering
- Makes the ice cream taste richer and more complex

Even a small amount can take a recipe from good to great. Skip it, and you'll miss out on depth and balance in the final flavor.

XANTHAN GUM

Xanthan gum is my go-to stabilizer for making smooth, creamy ice cream every time.

Why It's Used:

- Helps thicken the ice cream
- Locks water in place to help prevent ice crystal formation
- Mimics some of the mouthfeel normally provided by fat

If you've ever eaten ice cream that's been in the freezer for a while and noticed crunchy ice crystals, a stabilizer like xanthan gum is what prevents that from happening.

I've tested other stabilizers like guar gum, locust bean gum, tara gum, and carrageenan, and xanthan gum has consistently given me the best results.

That said, feel free to experiment for yourself. Just make sure you use a stabilizer of some kind if you want the creamiest results possible.

NONFAT MILK POWDER

If we already have milk in our ice cream, why use milk powder too?

I'm glad you asked.

Why It's Used:

- Boosts creaminess without additional fat
- Milk proteins help reduce iciness
- Enhances the real ice cream flavor
- Acts as a natural emulsifier
- Softens the ice cream while helping it hold its shape
- Allows the ice cream to melt evenly instead of breaking apart

I discovered this ingredient more recently, so if there are older recipes you want to improve, try adding 10g of milk powder to the dry ingredients if your calories allow. You'll notice a creamier texture, a richer flavor, and a smoother melt.

ALTERNATIVE OPTIONS

Cottage Cheese

I've already made a **DEEP DIVE VIDEO** on this topic, but here's the short version.

Why Some People Use It:

- Contains more protein than milk, gram for gram
- Helps thicken the mixture, especially helpful for almond milk bases
- Receives lots of views on TikTok and Instagram

Why I Don't Use It:

- Makes the ice cream taste like cheese, no matter how little you add
- Can make the texture TOO thick
- Adds more protein, but also more calories

In my opinion, cottage cheese makes the cream taste like trash and takes away from the ice cream experience.

It's gonna be a no from me, dog.

ALMOND MILK

When you really need to cut calories, almond milk comes in clutch. A cup (240g) only has 30 calories.

MILK TYPE	CALORIES PER 240G
ALMOND MILK	30
1% MILK	100

Why Some People Use It:

- Dramatically lowers calories compared to dairy milk
- Works well for people who are lactose intolerant
- Has a different flavor profile very few people may prefer

While reducing calories is great, there are some drawbacks.

1. Contains no protein, which also means it's less filling. In fact, the calorie difference between almond milk and 1% milk essentially comes from the protein. Thirteen grams of protein is 52 calories.

MILK TYPE	PROTEIN PER 240G
ALMOND MILK	0G
1% MILK	13G

2. Higher water content leads to more ice crystals and a worse texture. That said, I still use almond milk in some recipes, but the ratio is important.

MILK TYPE	WATER CONTENT
ALMOND MILK	96-98%
1% MILK	89-90%

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3. Needs more sweetener since most almond milk is unsweetened
4. Lacks natural emulsifiers like whey and casein, which can make the texture more gritty or airy when used 1-to-1 with milk.

I would never use almond milk for 100% of the wet ingredients, but in the right amount, it can help lower calories while only slightly reducing texture and flavor quality.

ZERO-SUGAR PUDDING MIX

Some people use zero-sugar pudding mix for its stabilizers and starches, which can give ice cream more body.

Why Some People Use It:

- Adds thickness and creaminess without extra fat
- Cheap and easy to find in most US grocery stores
- Can help improve texture in low-calorie or low-fat recipes

Why I Don't Recommend It:

- Adds unwanted artificial flavors that can be hard to mask
- We already get stabilizing effects from xanthan gum, which is easier to control
- Not as easy to find worldwide compared to gums

If you absolutely refuse to buy xanthan gum or another stabilizer in bulk, pudding mix can work. But in most cases, it's unnecessary and can even make your ice cream worse.

CONCLUSION

OKAY.

I GET IT, NICK.

SPIT IT OUT.

WHAT AMOUNTS AM I AIMING FOR IF I WANT TO MAKE MY OWN RECIPE?

YOU'LL CERTAINLY HAVE TO EXPERIMENT, BUT HERE'S A SOLID STARTING GUIDELINE.

INGREDIENT	AMOUNT
HIGH-PROTEIN MILK 1% Fat	440g, assuming no other wet ingredients are added.
ALMOND MILK 30 Calories per 240g	160-240g
VANILLA EXTRACT	4.2g (vanilla-based recipes) 2.1g (chocolate-based recipes)
EGG YOLKS	1-2
SUGAR	0-15g
ERYTHRITOL	30-50g (no protein powder) 10-30g (½-1 scoop protein powder)
ALTERNATIVE SWEETENERS	If 1:1 sugar substitute, use 30% less than erythritol amounts.
PROTEIN POWDER (Whey only)	½-1 scoop (MUST taste great)
NONFAT MILK POWDER	5-10g
SALT	0.5-1g
XANTHAN GUM	0.5-1g
COTTAGE CHEESE	Avoid at all costs
ZERO-SUGAR PUDDING	None. Buy stabilizer of choice in bulk.

You're now equipped to make the highest quality recipes possible.

But there's still another MAJOR challenge.

Each CREAMi® setting works differently and will completely change your ice cream. The settings you choose are just as important as the ingredients themselves. In the next section, we'll break down each setting so you know exactly when and why to use them.

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THE MIX-IN SETTING FALLACY

ON THE SURFACE, THE MIX-IN SETTING DOES ITS JOB.

YOU FILL THE PINT WITH TOPPINGS, PUSH THE BUTTON, AND A MINUTE LATER THERE ARE PIECES MIXED THROUGHOUT YOUR PINT.

THE PROBLEM IS THAT MOST MIX-INS GET BROKEN DOWN SO SMALL BY THE BLADE THEY ARE BARELY NOTICEABLE WHILE EATING. SOMETIMES THE FLAVOR IS THERE, BUT THE TEXTURE ISN'T.

WE ALL LOVE BIG CHUNKS OF COOKIE DOUGH, CHOCOLATE CHIPS, OR OREOS® SPREAD THROUGHOUT OUR ICE CREAM. THAT COMBO OF CREAMY AND CHUNKY IS WHAT MAKES EVERY BITE SO SATISFYING.

UNFORTUNATELY, THE CREAMI® MIX-IN SETTING JUST ISN'T CAPABLE OF THAT... YET.

WHILE WE WAIT FOR NINJA® TO FIX IT, HERE ARE THE TIPS AND TRICKS I'VE LEARNED. THEY'LL HELP YOU GET AS CLOSE AS POSSIBLE TO THAT ICE CREAM SHOP QUALITY LOADED WITH BIG, CHUNKY MIX-INS.

TIPS + TRICKS

1. Soft mix-ins get completely crushed.
   - Cookies, graham crackers, muffins, brownies, and similar items usually end up as tiny crumbs. The ice cream may still taste great, but you lose that contrast between creamy bites and chunky bites.
2. Freeze them first.
   - If a mix-in is too soft, freeze it before adding it. This works especially well for recipes like the lemon bar ice cream.
3. Dip in milk and freeze.
   - For mix-ins that still don't hold up, dip them in milk first, then freeze. This technique works wonders for the cookies & cream recipe.
4. Change the hole placement.
   - Dropping mix-ins into the center of the pint puts them right in the paddle's path, which crushes them more. Try making the hole off-center or near the edge so the paddle has less surface area to destroy them.
5. Use 2-3 holes.
   - Making multiple holes on opposite sides of the pint helps spread mix-ins more evenly and reduces crushing. This trick works amazingly well in the cookie minster recipe.

SPECIFIC INGREDIENTS

Cookie dough:
Cookie dough holds up well if it's thicker. The cookie dough recipes in this book are already optimized to withstand the paddle.

Muffins:
Perfect for cake shakes. They naturally break into small pieces that mimic cake crumbs, so no adjustment is needed.

Buttered Pecans:
Too soft from the fridge, so they should be kept in the freezer.

Graham Cracker Crumble:
Same as buttered pecans. Freeze before using.

Chocolate:
The melting chocolate recipes in this book hold up well if stored in the freezer. Larger chunks still get broken down, but you end up with a nice mix of small and larger pieces.

Oreos®:
Unless you're using the mini version, dip regular Oreos® in milk for 10 to 15 seconds, then freeze them in a plastic bag before adding. This helps keep them chunkier after the mix-in cycle.

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SPIN SETTINGS MASTERCLASS

ONCE YOU NAIL THE FLAVOR OF YOUR PINT, YOU'VE ONLY SOLVED HALF THE EQUATION. THE SPIN SETTINGS YOU CHOOSE CAN MAKE OR BREAK THE TEXTURE OF YOUR CREAM.

HIT THE WRONG BUTTON AND YOU MIGHT END UP WITH SOMETHING CLOSER TO WHIPPED CREAM. HIT THE RIGHT ONE, AND IT'S THE KIND OF SCOOP YOU'D EXPECT FROM A LEGIT ICE CREAM SHOP. THAT'S WHY EACH RECIPE GETS TESTED ON MULTIPLE SETTINGS TO GUARANTEE YOU'RE SCOOPING THE BEST TEXTURE POSSIBLE FROM YOUR MACHINE.

HERE'S A BREAKDOWN OF EACH SETTING ON THE ORIGINAL CREAMI®. THE TABLE SHOWS HOW LONG THE BLADE SPINS AND HOW FAST IT MOVES BOTH DOWN AND BACK UP.

PROGRAM	TIME DOWN (SEC)	SPEED DOWN (RPM)	TIME UP (SEC)	SPEED UP (RPM)
ICE CREAM	60	1200	35	450
GELATO	60	1200	35	450
MILKSHAKE	60	1790	35	450
SORBET	105	1790	35	450
LIGHT ICE CREAM	105	1790	40	1790
SMOOTHIE BOWL	105	1790	40	1790
MIX-IN	30	450	35	450
RE-SPIN	30	1200	35	1200

ICE CREAM/GELATO

These are the exact same setting, just two different buttons for marketing purposes. Both are great starting points for bases with more fat or real sugar. Since those freeze softer, they don't need as much spin time or speed.

This is also the most beginner-friendly option. It's the slowest and shortest spin, so it's hard to mess up your ice cream. Worst comes to worst, the pint comes out crumbly and you need to hit the re-spin button until you get the texture you're looking for.

MILKSHAKE

This setting is a bridge between ice cream and sorbet.

The blade spins faster on the way down, which makes it better for bases with less fat or little sugar.

- If the sorbet setting whipped in too much air, switch to milkshake for a denser pint.
- If the ice cream setting came out crumbly, try milkshake for a stronger spin.

Milkshake is usually the second setting I test when I'm dialing in a recipe.

SORBET

This is the most consistent setting.

It spins faster and spends more time going down, which helps low-fat and little to no sugar bases become a thick, smooth, scoopable ice cream.

On the way up, it runs the same as the first three settings, so it does not whip in extra air. That gives you a denser pint with a clean scoop.

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Unless I know the recipe has more fat, sugar, or alternative milk, this is the first button I press.

LIGHT ICE CREAM/ SMOOTHIE BOWL

Real name: the Soft Serve setting.

Both buttons run the exact same program, even though the names make it seem like the textures would be different. They spin longer and faster on both passes, which whips a lot of air into the cream. The result is a lighter, fluffier texture that feels more like soft serve, and the extra air also dulls the sweetness.

If you use this setting when a recipe calls for sorbet, you'll need to add more sweetener to balance the flavor.

Now, that doesn't mean this setting is completely useless. Some people prefer a soft-serve texture and use it every time. I've also found a few recipes that work better using it, but they're rare.

MIX-IN

The mix-in button isn't just for toppings. It's also perfect when a pint is 90 to 95 percent done but just needs that last push to reach the perfect texture. Think of it as the finishing touch that takes a good pint and makes it great.

As for actually mixing in ingredients, I covered that in the last section.

RE-SPIN

The re-spin button saves crumbly pints. If the first cycle only gets you 70 to 80 percent of the way to ice cream, re-spin finishes the job.

I use it most often with sorbet recipes, since fruit ripeness and seasonality can throw off consistency. Re-spin is what brings everything together.

MY #1 SETTING RECOMMENDATION

If I could only use one setting for all my recipes, it would be sorbet. It consistently gives the best results across the board and works on the widest range of pints.

PLEASE NOTE: Ninja® changed some of **THESE SETTINGS** on the newer Swirl machine. For example, the new Swirl sorbet "up" speed is 1,800 rpm for 45 seconds compared to 450 rpm for 35 seconds on the original. That faster speed whips a lot more air into the ice cream, giving it a softer, almost soft-serve consistency. On the flip side, the milkshake setting on the Swirl is still very close to the sorbet setting on the OG and Deluxe, so it can work as a good substitute if sorbet doesn't give you the result you want.

The bottom line is you may have to test a couple of different settings on the Swirl to dial in your ice cream.

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FREQUENTLY ASKED QUESTIONS

(PLEASE READ)

Will these recipes work in any CREAMi® model?

Yes.

The original model gives you the most accurate results since the settings match exactly. The deluxe is about 95% the same and works great too. The Swirl is more like 85–90%, so expect a little more variation.

If you have the deluxe and want to completely fill the pint, just multiply the recipe by 1.5x.

Am I guaranteed to lose weight if I eat from this cookbook?

No.

Your calorie intake can exceed the calories you burn everyday even if you were strictly eating fruits and vegetables. If you consistently eat more calories than you burn, you'll gain weight — regardless of food choice. Track your intake, see if it's moving you toward your goals, and adjust from there.

Are the nutrition facts 100% accurate?

No, but they are as accurate as I could get them with the information at hand.

Small errors are inevitable due to label inaccuracies, rounding, actual weight compared to listed weight, differences in dietary fiber, and variations in lab testing.

For example, labels often round calories down. Something that is really 108 calories may be listed as 100. Over five servings, that adds up to 40 calories.

The good news is that people have been losing weight for decades with the same labeling inaccuracies. If you aren't losing weight and are consistently eating similar things, all you need to do is lower your calorie intake and you will start losing weight as long as you're in a calorie deficit.

Can I substitute ingredients?

Yes, but results may vary. For example, oat milk for regular milk is not a 1-to-1 substituion. You will have to use some trial and error and attempt the recipe a few times, if not more, when an ingredient that doesn't substitute 1-to-1 is added. I highly recommend researching anything you will substitute before you waste your time making a recipe for it to turn out at best mediocre to at worst garbage.

Why do some recipes list net carbs?

Net carbs are the carbohydrates your body can actually use for energy, which means they are the carbs that provide calories. For example, erythritol is technically a carbohydrate, but your body cannot metabolize it for fuel. Since it is not converted into energy, it has zero usable calories and is eventually excreted in your urine.

Why do some recipes go above the max fill line?

Mixing always creates foam, no matter how careful you are. It can make the liquid look overfilled, but as it freezes, the foam rises to the top and frozen foam will not damage your machine.

Why is my ice cream crumbly or icy?

This can happen with sorbets or if the recipe wasn't followed exactly. If it does, give it another spin on the re-spin or mix-in setting. I prefer mix-in to avoid overmixing. Always use an immersion blender to fully combine wet and dry ingredients.

How can I lower the calories in a recipe?

Most high-calorie pints in this book include mix-ins. Reducing by half or skipping them completely can easily save you 100-200 calories. You can also use lower-fat/fat-free milk or a milk alternative. If protein is not a priority, reduce or remove the protein powder and replace the lost sweetness with your preferred sweetener. Keep in mind that the more you change a recipe, the more you risk diminishing its quality.

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How often should I clean my machine and how do I do it?

After every use.

Clean both the base and the lid.

I have a **TUTORIAL VIDEO** that shows exactly how I do it without making it a huge chore.

Can I get rid of the icy edges in the pint?

It's tough without making the rest of the cream too soft. I think it's worth living with a little iciness if 96% of your pint is perfect. As you hold it and eat, the sides will melt, and most of that icy shell will turn creamy anyway.

Can I add more protein powder to boost protein?

Yes, but it comes at a cost.

The taste.

Even the best-tasting protein powder will eventually make the pint taste like a protein shake if you add too much.

What's included in prep time?

Only the hands-on work. If it takes 10 minutes to mix a graham cracker crumble and put it in the oven, that is prep time. Baking and cooling time don't count since you're free to do other things during that time.

I don't want to wait 24 hours to cream. What can I do?

The best advice is to get an extra 4-6 extra pints.

Once you have all ingredients on your kitchen counter to make 1, it's almost no extra effort to make 5. Making 5 will take about 30 minutes for most recipes, then you can cream whenever you feel like it. Just restock your freezer stash once you're down to one or two pints.

Can I make ice cream with just one ingredient, like a pre-packaged protein shake or chocolate milk?

You can, but don't expect much. In my experience, they taste bland and make new owners want to return the machine and get a refund. I tested 10 one-ingredient ideas, and every single one tasted like frozen cardboard.

Why use salt in sweet recipes?

Salt boosts flavor in every recipe. I explain this in detail in **THE MAGIC FORMULA FOR TOP TIER ICE CREAM**, but the short version is it makes sweet things taste sweeter and more balanced.

Is xanthan gum necessary?

Xanthan gum. No.

A stabilizer? Highly recommended.

Even pudding mix is better than nothing. For the full breakdown, check **THE MAGIC FORMULA FOR TOP TIER ICE CREAM**.

Do I have to use erythritol as my sweetener?

Absolutely not. I prefer it for the advantages I cover in **THE MAGIC FORMULA**, but you can swap it for your preferred sweetener. Just remember, if it's a 1:1 sugar replacement, reduce your sweetener by 30%. This is because pure erythritol is 70% as sweet as sugar.

Are egg yolks safe to eat?

If pasteurized, yes. If not, there's about a 1 in 20,000 chance of salmonella. Pasteurize them to be completely safe.

Can I substitute egg yolks?

Yes! Egg yolks are emulsifiers, and you can use powdered emulsifiers like soy lecithin or sunflower lecithin instead.

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RECIPE PAGE BREAKDOWN

This is a photo of the **COMPLETED RECIPE.**

The **INGREDIENT SECTIONS** refer to a group of ingredients used in combination during a certain part of the recipe. The sections will be capitalized in the directions so you can easily identify what you are looking for on the ingredient list.

Click here to get the protein used in this recipe. Code **E4CM** will get you an extra 10% off your purchase.

This is the per serving breakdown of the **NUTRITION FACTS** for the recipe. If there is only one serving, these are the macros for the entire recipe. If there are two pages of instructions, the macros will be located on the second page.

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If you tap on the book title, it will take you back to the **TABLE OF CONTENTS** for quick navigation.

The title of the **RECIPE** also doubles as a clickable link you can utilize to go to the recipe video.

SCOOPOLOGY

CAKE BATTER

Approximately how many **SERVINGS** are in each recipe.

SERVINGS: 1
PREP: 15 MINUTES
COOK: 5 MINUTES

The amount of **TIME** you will need to prep the recipe if you have the ingredients on the table, ready to go.

The amount of time it will take to cook the dish. Sometimes the **COOK TIME** also occurs during the prep time, especially when there are multiple parts to a recipe.

INGREDIENTS

WET

430g 1% milk
10g cake batter extract
4.2g vanilla extract

DRY

32.4g Gorilla Mode Vanilla Ice Cream protein
15g granulated erythritol
0.5g salt
0.7g xanthan gum

MIX-INS/TOPPINGS

50g birthday cake cookie dough
8g sprinkles

INSTRUCTIONS

1. Make **BIRTHDAY CAKE COOKIE DOUGH** and refrigerate.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and get the cookie dough from the fridge.
9. Layer in 25g cookie dough, 4g sprinkles, 25g cookie dough, and 2g sprinkles.
10. Return the ice cream to the pint, reload, and run the mix-in setting.
11. Top with 2g sprinkles, grab a spoon, and party like it's your birthday.

Tapping on the **BLUE HIGHLIGHTED WORDS** will take you to the recipe or technique in question for easy navigation.

MACROS

- 497 CALORIES
- 13G FAT
- 55G CARBS
- 32G NET CARBS
- 58G PROTEIN

Tapping the **SECTION** at the bottom of the page will take you back to the start of the section.

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THE

CLASSICS

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VANILLA BASE "GOOD"

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

240g 1% milk

200g unsweetened almond milk

5g vanilla extract

DRY

45g granulated erythritol

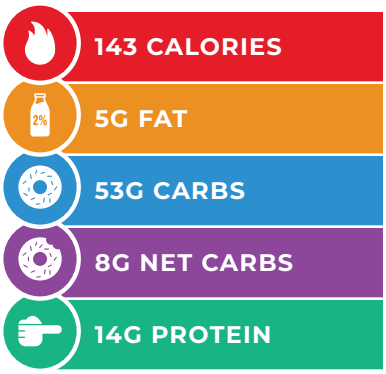
1g salt

1g xanthan gum

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Adjust creaminess with an additional re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS



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VANILLA BASE "BETTER"

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

440g 1% milk

5g vanilla extract

DRY

45g granulated erythritol

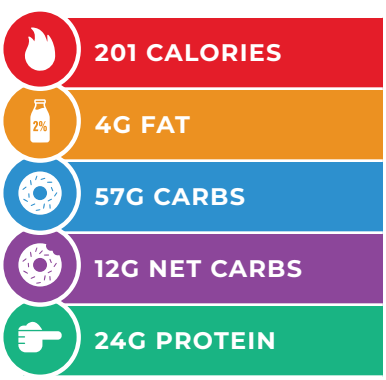
1g salt

1g xanthan gum

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Adjust creaminess with an additional re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS



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VANILLA BASE "BEST"

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g 2% milk
1 egg yolk
4g vanilla extract
½ vanilla bean pod

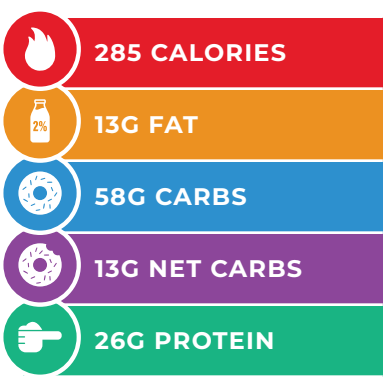
DRY

45g granulated erythritol
1g salt
1g xanthan gum

INSTRUCTIONS

1. Using a knife, cut a vanilla bean pod down the middle, scrape the beans of half of the pod, and add to a high-sided container.
2. Add remaining wet ingredients into the high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
8. Load the pint right back up and run the re-spin setting.
9. Adjust creaminess with an additional re-spin if necessary.
10. Grab a spoon and enjoy.

MACROS



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CHOCOLATE BASE "GOOD"

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g 1% milk
280g unsweetened almond milk
2.1g vanilla extract

DRY

50g granulated erythritol
8g cocoa powder
1g salt
1g xanthan gum

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the light ice cream button.
7. Load the pint right back up and run the mix-in setting.
8. For a soft serve like consistency, run the re-spin setting instead.
9. Adjust creaminess with an additional mix-in/re-spin if necessary.
10. Grab a spoon and enjoy.

MACROS

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CHOCOLATE BASE "BETTER"

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

440g 1% milk
2.1g vanilla extract

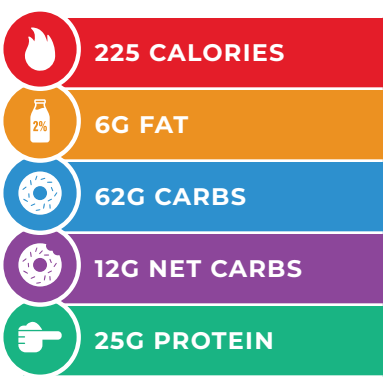
DRY

50g granulated erythritol
8g cocoa powder
1g salt
1g xanthan gum

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the light ice cream button.
7. Load the pint right back up and run the mix-in setting.
   - For a soft serve like consistency, run the re-spin setting instead.
8. Adjust creaminess with an additional mix-in/re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS



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CHOCOLATE BASE "BEST"

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

410g 1% milk
1 egg yolk
2.1g vanilla extract
14g semi-sweet chocolate, melted

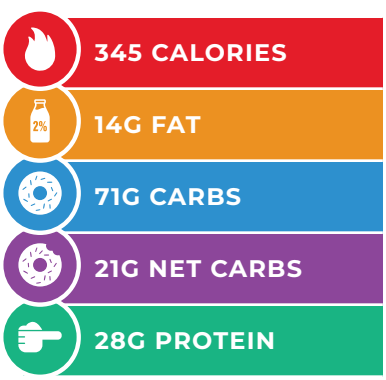
DRY

50g granulated erythritol
10g cocoa powder
1g salt
1g xanthan gum

INSTRUCTIONS

1. Place the wet ingredients (**excluding the chocolate**) in a high-sided container and microwave for 45-60 seconds, or until they reach 100°F.
2. Microwave the chocolate in a small bowl for 45-60 seconds or until melted. Put on a glove and stir with a rubber spatula.
3. Quickly add melted chocolate to the wet ingredients and blend with an immersion blender for 30 seconds to prevent hardening.
4. Place the dry ingredients in a measuring cup and whisk to combine.
5. With the blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
6. Once all dry ingredients dissolve, blend for another 90 seconds.
7. Pour into a pint, cover, and freeze for 36 hours.
8. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the light ice cream button.
9. Load the pint right back up and run the mix-in setting.
   - For a soft serve like consistency, run the re-spin setting instead.
10. Adjust creaminess with an additional mix-in/re-spin if necessary.
11. Grab a spoon and enjoy.

MACROS



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COOKIES & CREAM

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

410g fat-free milk

1 Oreo®

4.2g vanilla extract

DRY

35.6g Gorilla Mode Cookies & Cream protein

10g granulated erythritol

4g black cocoa powder

0.5g salt

0.5g xanthan gum

MIX-INS/TOPPINGS

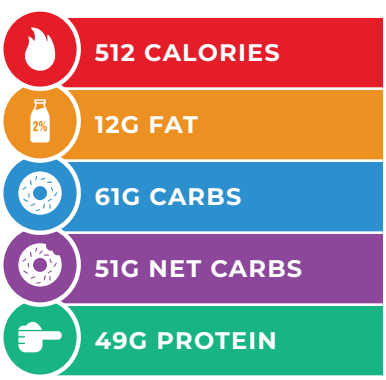
2 Oreos®, frozen

1 Oreo®, chopped

INSTRUCTIONS

1. Pour milk into a high-sided container, dunk an Oreo® for 15-20 seconds, and place it in a plastic bag. Repeat for the other cookie, seal the bag, and freeze.
2. Add an Oreo® and vanilla extract to the container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Use a butter knife to make a hole near the side of the pint about 1" in diameter.
9. Remove the Oreos® from the freezer, chop them in half, and fill the hole.
10. Return the ice cream to the pint, reload, and run the mix-in setting.
11. Chop up a fresh Oreo® and top cream with cookie crumbles.
12. Try to be nice and share.

MACROS



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CHOCOLATE CHIP COOKIE DOUGH

SERVINGS: 1
PREP: 15 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g 2% milk

4.2g vanilla extract

DRY

32.4g Gorilla Mode Vanilla Ice Cream protein

10g granulated erythritol

0.5g salt

0.5g xanthan gum

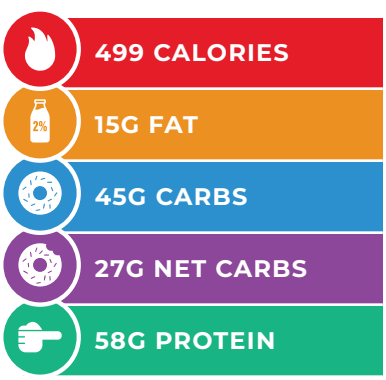
MIX-INS/TOPPINGS

50g chocolate chip cookie dough

INSTRUCTIONS

1. Make CHOCOLATE CHIP COOKIE DOUGH and refrigerate.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and get the cookie dough from the fridge.
9. Pipe the hole with cookie dough and return the ice cream to the pint.
10. Reload and run the mix-in setting.
11. Enjoy your doughlicious cream.

MACROS



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MINT CHOCOLATE CHIP

SERVINGS: 1
PREP: 15 MINUTES
COOK: 15 MINUTES

INGREDIENTS

MELTING CHOCOLATE

113g semi-sweet chocolate bar

7g peanut oil

WET

430g 1% milk

4.2g vanilla extract

Peppermint extract (See tip below)

8 drops green food coloring (optional)

DRY

32.4 Gorilla Mode Vanilla Ice Cream protein

20g granulated erythritol

0.5g salt

0.5g xanthan gum

MIX-INS/TOPPINGS

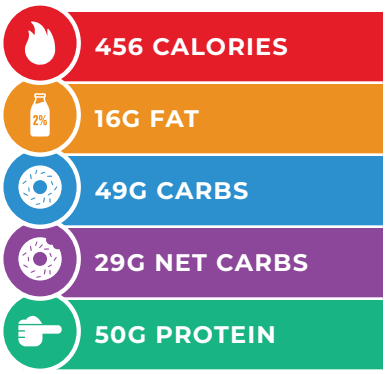
28g melting chocolate

INSTRUCTIONS

1. Fill a small pot with 1" of water and bring to a simmer. Place a ceramic bowl over the pot, making sure it's wider than the pot. Add the chocolate and melt.
2. Stir in oil with a whisk until combined.
3. Line a quarter sheet pan or small tray with parchment paper.
4. Spread melted chocolate into a thin layer on the pan and freeze until solid.
5. Chop frozen chocolate into bite-sized pieces, quickly transfer to a plastic bag, and freeze. Makes enough for 5 pints.
6. Add wet ingredients into a high-sided container.
7. Place the dry ingredients in a measuring cup and whisk to combine.
8. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
9. Once all dry ingredients dissolve, blend for another 90 seconds.
10. Pour into a pint, cover, and freeze for 24 hours.
11. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
12. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and take the chocolate out of the freezer.
13. Quickly add the chocolate to the pint, return the ice cream, reload, and run the mix-in setting.
14. Scoop. Enjoy. Smile.

TIP: Peppermint extract strength and flavor is going to vary brand to brand. The two I experimented with are Loranns Oils® and McCormick's®. They both taste great in mint ice cream, but have their differences. McCormick's® is a more laid back mint flavor while LorAnn's® is much more intense. If using McCormick's®, use 12 drops. If using LorAnn's®, use 4 drops.

MACROS



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PISTACHIO

SERVINGS: 1
PREP: 20 MINUTES
COOK: 5 MINUTES

INGREDIENTS

PISTACHIO PASTE (3 SERVINGS)

120g pistachios, toasted + salted

160g fat-free milk

WET

360g fat-free milk

85g pistachio paste

4.2g vanilla extract

DRY

24.3g Gorilla Mode Vanilla Ice Cream protein

20g granulated erythritol

0.7g xanthan gum

MIX-INS/TOPPINGS

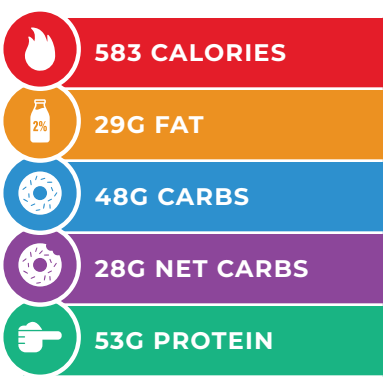
20g pistachios, toasted + salted

INSTRUCTIONS

1. Add pistachios to a food processor and blend for 20 seconds. Scrape down the sides and blend again until they form a fine, even consistency.
2. Pour in the milk and process for 30 seconds. Scrape the sides and continue blending until the mixture is smooth and has the consistency of natural peanut butter.
3. Add wet ingredients into a high-sided container.
4. Place the dry ingredients in a measuring cup and whisk to combine.
5. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
6. Once all dry ingredients dissolve, blend for another 90 seconds.
7. Pour into a pint, cover, and freeze for 24 hours.
8. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the milkshake button.
9. Roughly chop 10g of pistachios into various-sized chunks, then mix with another 10g of whole pistachios.
10. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add pistachios.
11. Return the ice cream to the pint, reload, and run the mix-in setting.
12. Enjoy authentic pistachio crema.

NOTE: The paste will last 3-4 days in the fridge. If it's not already mixed into a pint and frozen, freeze the paste to prevent spoiling.

MACROS



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SALTED CARAMEL

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

420g 1% milk

40g salted caramel

4.2g vanilla extract

DRY

16.2g Gorilla Mode Vanilla Ice Cream protein

10g granulated erythritol

0.5g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

10g salted caramel

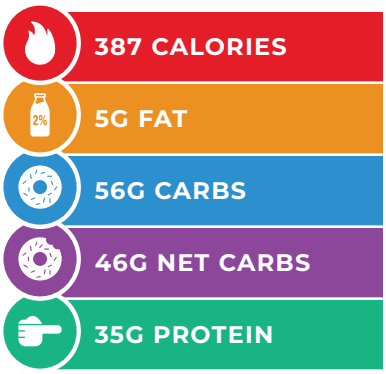
Small pinch flaky salt

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
7. Load the pint right back up and run the mix-in setting.
8. Add toppings and enjoy creaming.

NOTE: I personally like to add 5g of salted caramel right after it's spun, then the remaining 5g when I'm about halfway through the pint. This ensures caramel in nearly every bite.

MACROS



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BUTTER PECAN

SERVINGS: 1
PREP: 40 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

420g fat-free milk
4.2g vanilla extract
12g browned butter
25g brown sugar erythritol

DRY

24.3g Gorilla Mode Vanilla Ice Cream protein
10g fat-free milk powder
0.8g salt
0.7g xanthan gum

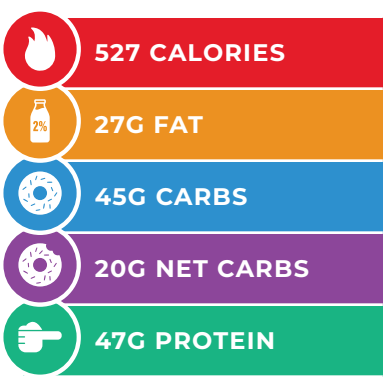
MIX-INS/TOPPINGS

20g buttered pecans, frozen

INSTRUCTIONS

1. Make **BROWNED BUTTER** and **BUTTERED PECANS**.
2. Combine milk, vanilla extract, and erythritol in a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. Add the browned butter to a small bowl and microwave for 30-60 seconds or until melted.
5. While mixing the wet ingredients with an immersion blender, pour the melted butter into the wet ingredients and blend for 10-20 seconds.
6. Gradually add the dry ingredients while continuing to blend.
7. Once all dry ingredients dissolve, blend for another 90 seconds.
8. Pour into a pint, cover, and freeze for 24 hours.
9. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the milkshake button.
10. Use a butter knife to create a 1" hole near the side of the pint, remove the ice cream, and take the pecans out of the freezer.
11. Add the pecans to the pint, return the ice cream, reload the pint, and run the mix-in setting.
12. Let the creaming begin!

MACROS



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CAKE BATTER

SERVINGS: 1
PREP: 15 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g 1% milk

10g cake batter extract

4.2g vanilla extract

DRY

32.4g Gorilla Mode Vanilla Ice Cream protein

15g granulated erythritol

0.5g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

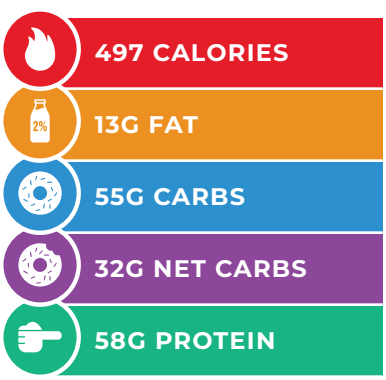
50g birthday cake cookie dough

8g sprinkles

INSTRUCTIONS

1. Make **BIRTHDAY CAKE COOKIE DOUGH** and refrigerate.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and get the cookie dough from the fridge.
9. Layer in 25g cookie dough, 4g sprinkles, 25g cookie dough, and 2g sprinkles.
10. Return the ice cream to the pint, reload, and run the mix-in setting.
11. Top with 2g sprinkles, grab a spoon, and party like it's your birthday.

MACROS



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COOKIES & CREAM NICKFLURRY

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g 1% milk

4.2g vanilla extract

DRY

32.4g Gorilla Mode Vanilla Ice Cream protein

20g granulated erythritol

0.5g salt

0.5g xanthan gum

MIX-INS/TOPPINGS

39g mini Oreos®

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the light ice cream button.
7. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add load 28g mini Oreos® into the center.
8. Return the ice cream to the pint, load it up, and run the mix-in setting.
9. Chop 11g Oreos®, add to the top of the cream, and it's time to eat.
    - I like to add half the chopped Oreos® initially and save the rest for when I'm halfway through, so you get crunchy pieces of cookie throughout the entire pint.

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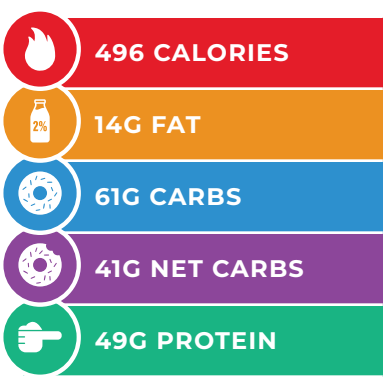

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SPECIALTY

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MINT COOKIES & CREAM

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g 1% milk

4.2g vanilla extract

Peppermint extract (See tip below!)

8 drops green food coloring (optional)

DRY

32.4g Gorilla Mode Vanilla Ice Cream protein

20g granulated erythritol

0.5g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

3 Mint Oreos®, dipped + frozen

INSTRUCTIONS

1. Pour milk into a high-sided container. Dunk an Oreo® for 15-20 seconds and place it in a plastic bag. Repeat for the other two cookies, seal the bag, and freeze.
2. Add the rest of the wet ingredients into the container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Use a butter knife to make three holes in the pint and remove the ice cream.
9. Take the Oreos® out of the freezer, place one in each hole, then return the ice cream to the pint.
10. Reload and run the mix-in setting.
11. Grab a spoon and enjoy.

TIP: Peppermint extract strength and flavor is going to vary brand to brand. I used two brands during testing. McCormick's® is a laid-back mint flavor while LorAnn's® is much more intense. If using McCormick's®, use 12 drops. If using LorAnn's®, use 4 drops.

MACROS

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S'MORES

SERVINGS: 1
PREP: 60 MINUTES
COOK: 5 MINUTES

INGREDIENTS

MELTING CHOCOLATE

113g milk chocolate

7g peanut oil

WET

400g fat-free milk

4.2g vanilla extract

30g marshmallows, toasted

DRY

16.2g Gorilla Mode Vanilla Ice Cream protein

20g granulated erythritol

0.5g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

11g marshmallows, chopped

16g melting chocolate

20g graham cracker crumble

MACROS

INSTRUCTIONS

1. Make GRAHAM CRACKER CRUMBLE
2. Fill a small pot with 1" of water and bring to a simmer. Place a ceramic bowl over the pot, making sure it's wider than the pot. Add the chocolate and melt.
3. Stir in oil with a whisk until combined.
4. Line a quarter sheet pan or small tray with parchment paper.
5. Spread melted chocolate into a thin layer on the pan and freeze until solid.
6. Chop frozen chocolate into bite-sized pieces, quickly transfer to a plastic bag, and freeze. Makes enough for 7 pints.
7. Evenly spread marshmallows on a lightly oiled sheet pan. Place under the broiler for 30-45 seconds or until browned to your preference.
   - **CAUTION:** Do not leave the oven unattended. Marshmallows can burn or catch fire quickly if left under the broiler too long. Watch closely.
8. Start by adding the milk, then add the remaining wet ingredients to a high-sided container.
9. Using an immersion blender, blend toasted marshmallows until smooth.
10. Place the dry ingredients in a measuring cup and whisk to combine.
11. With the blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
12. Once all dry ingredients dissolve, blend for another 90 seconds.
13. Pour into a pint, cover, and freeze for 24 hours.
14. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
15. Use a butter knife to make a 1" hole off-center in the pint, remove the ice cream, and grab the graham cracker crumble and chocolate from the freezer.
16. Layer in 6g marshmallow, 12g graham cracker, 16g chocolate, 5g marshmallow, and 8g graham cracker.
17. Return the ice cream to the pint, reload, and run the mix-in setting.
18. Top with remaining graham cracker crumble and grab a spoon!

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NICKSCOFF COOKIE

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g fat-free milk

20g cookie butter

4.2g vanilla extract

DRY

21.6g Gorilla Mode Vanilla Ice Cream protein

15g granulated erythritol

0.7g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

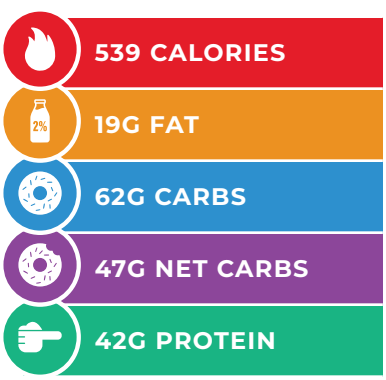
2 speculoos cookies (15.5g)

20g cookie butter

INSTRUCTIONS

1. Add wet ingredients into a high-sided container and blend for 30 seconds using an immersion blender, or until cookie butter is fully incorporated.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With the blender at the bottom of the container, begin blending the wet ingredients while gradually adding the dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the milkshake button.
7. Use a butter knife to make a 1" hole on each side of the pint and remove the ice cream.
8. Add the cookies into one hole and the cookie butter into the other.
9. Return the ice cream to the pint, reload, and run the mix-in setting.
10. Cream on.

MACROS



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DEATH BY CHOCOLATE

SERVINGS: 1
PREP: 30 MINUTES
COOK: 5 MINUTES

INGREDIENTS

MELTING CHOCOLATE

113g semi-sweet chocolate bar

7g peanut oil

WET

410g 1% milk

1 egg yolk

2.1g vanilla extract

6 drops coffee extract

14g semi-sweet chocolate, melted

DRY

27.8g Gorilla Mode Milk Chocolate protein

20g granulated erythritol

10g cocoa powder

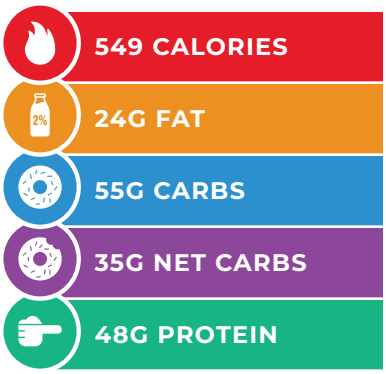
0.5g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

21g melting chocolate

MACROS



INSTRUCTIONS

1. Fill a small pot with 1" of water and bring to a simmer. Place a ceramic bowl over the pot, making sure it's wider than the pot. Add the chocolate and melt.
2. Stir in oil with a whisk until combined.
3. Line a quarter sheet pan or small tray with parchment paper.
4. Spread melted chocolate into a thin layer on the pan and freeze until solid.
5. Chop frozen chocolate into bite-sized pieces, quickly transfer to a plastic bag, and freeze. Makes enough for 5 pints.
6. Place the wet ingredients (excluding the chocolate) in a high-sided container and microwave for 45-60 seconds, or until they reach 100°F.
7. Microwave the chocolate in a small bowl for 45-60 seconds or until melted. Put on a glove and stir with a rubber spatula.
8. Quickly add melted chocolate to the wet ingredients and blend with an immersion blender for 30 seconds to prevent hardening.
9. Place the dry ingredients in a measuring cup and whisk to combine.
10. With the blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
11. Once all dry ingredients dissolve, blend for another 90 seconds.
12. Pour into a pint, cover, and freeze for 36 hours.
13. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the light ice cream button.
14. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and take the chocolate out of the freezer.
15. Quickly add the chocolate to the pint, return the ice cream, reload, and run the mix-in setting.
16. Happy creaming!

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LEMON BAR

SERVINGS: 1
PREP: 20 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

330g fat-free milk
Zest of 2 lemons
75g lemon juice
2 egg yolks
4.2g vanilla extract
20g granulated erythritol
5 drops yellow food coloring (optional)

DRY

32.4g Gorilla Mode Vanilla Ice Cream protein
0.8g salt
0.7g xanthan gum

MIX-INS/TOPPINGS

½ lemon bar, freezer (160 cal)

INSTRUCTIONS

1. Add milk into a high-sided container.
2. Zest two lemons, then juice them into a measuring cup.
3. Add the remaining wet ingredients to the lemon juice.
   - It's important to separate the wet ingredients to prevent the milk from curdling with the lemon juice.
4. Place the dry ingredients in a separate measuring cup and whisk to combine.
5. Using an immersion blender, mix the lemon juice mixture for 20 seconds.
6. With the blender at the bottom of the milk container, begin blending while slowly pouring in the lemon mixture. Blend for an additional 30 seconds.
7. Continue blending while gradually adding in the dry ingredients.
8. Once all dry ingredients dissolve, blend for another 90 seconds.
9. Pour into a pint, cover, and freeze for 24 hours.
10. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
11. Use a butter knife to make a 1" hole off-center in the pint, remove the ice cream, and grab the lemon bar from the freezer.
12. Add the lemon bar to the pint, return the ice cream, reload, and run the mix-in setting.
13. Get zesty.

MACROS

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PB MARSHMALLOW CREME SUPREME

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g fat-free milk

9g peanut butter

4.2g vanilla extract

DRY

24.3g Gorilla Mode Vanilla Ice Cream protein

15g powdered peanut butter

15g granulated erythritol

0.7g salt

0.7g xanthan gum

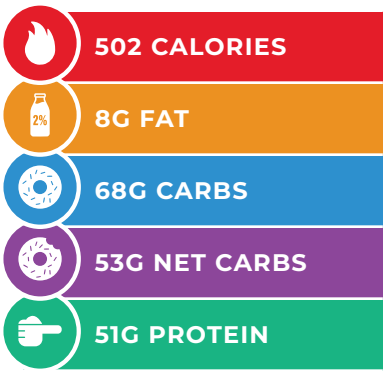
MIX-INS/TOPPINGS

40g marshmallow creme

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
7. Load the pint right back up and run the mix-in setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the marshmallow creme.
9. Return the ice cream to the pint and it's time to cream.

MACROS



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BUBBLE GUM

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g 2% milk

2g LorAnns® bubble gum extract

4.2g vanilla extract

3 drops red food coloring (optional)

DRY

16.2g Gorilla Mode Vanilla Ice Cream protein

25g granulated erythritol

0.5g salt

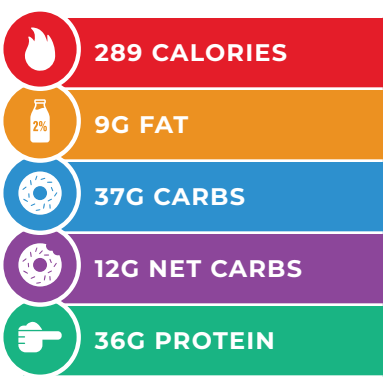
0.7g xanthan gum

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the milkshake button.
7. Load the pint right back up and run the mix-in setting.
8. Enjoy.

NOTE: I tested Loranns®, Dolce Flav®, Jordan's Skinny Mixes®, and Olivenation® bubble gum extracts in various amounts. Loranns® was the best followed by Olivenation®. Jordan's Skinny Mixes® flavoring didn't really taste like bubble gum and Dolce Flav® was awful. Like any extract, be very careful with amounts because even a half gram extra makes the ice cream taste terrible.

MACROS



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COTTON CANDY

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

380g 2% milk

60g Jordan's Skinny Mixes® cotton candy

4.2g vanilla extract

4 drops blue food coloring (optional)

DRY

16.2g Gorilla Mode Vanilla Ice Cream protein

10g fat-free milk powder

15g granulated erythritol

0.5g salt

0.7g xanthan gum

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
7. Load the pint right back up and run the mix-in setting.
8. Cotton Creamy.

NOTE: I tested Lorann's®, Dolce Flav®, and Jordan's Skinny Mixes® cotton candy extracts in various amounts. Jordan's Skinny Mixes® came out on top, followed by Dolce Flav® and, lastly, Lorann's®. If you choose to try the other extracts, start with 2-3g.

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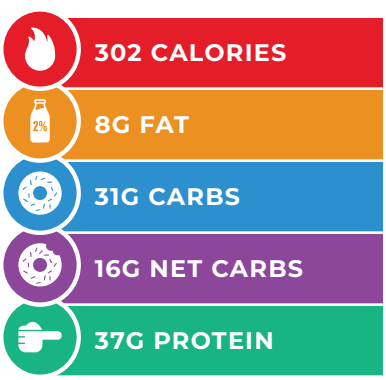

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BANANA CREAM PIE

SERVINGS: 1
PREP: 25 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

340g 1% milk

100g banana

4.2g vanilla extract

DRY

21.6g Gorilla Mode Vanilla Ice Cream protein

15g granulated erythritol

0.5g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

20g graham cracker crumble, frozen

20g mini marshmallows

INSTRUCTIONS

1. Make GRAHAM CRACKER CRUMBLE and freeze.
2. Add wet ingredients into a high-sided container and blend for 30 seconds using an immersion blender.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With the blender at the bottom of the container, begin blending the wet ingredients while gradually adding the dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the milkshake button.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and grab the graham cracker crumble from the freezer.
9. Layer in 10g crumble, 10g marshmallow, 10g crumble, and 10g marshmallow.
10. Return the ice cream to the pint, reload, and run the mix-in setting.
11. Enjoy your delectable cream pie.

MACROS

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COOKIE MINTSTER

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

410g 1% milk

2.1g vanilla extract

6 drops coffee extract

3 drops LorAnns® peppermint extract

14g semi-sweet chocolate, melted

DRY

24.3g Gorilla Mode Milk Chocolate protein

10g fat-free milk powder

20g granulated erythritol

10g cocoa powder

0.7g salt

0.7g xanthan gum

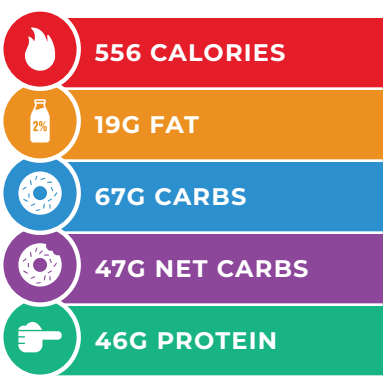
MIX-INS/TOPPINGS

29g fudge mint cookies (150 cal), frozen

INSTRUCTIONS

1. Place the wet ingredients (excluding the chocolate) in a high-sided container and microwave for 45-60 seconds, or until they reach 100°F.
2. Microwave the chocolate in a small bowl for 45-60 seconds, then wear a glove and stir with a spatula until fully melted.
3. Quickly add melted chocolate to the wet ingredients and blend with an immersion blender for 30 seconds to prevent hardening.
4. Place the dry ingredients in a measuring cup and whisk to combine.
5. With the blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
6. Once all dry ingredients dissolve, blend for another 90 seconds.
7. Pour into a pint, cover, and freeze for 36 hours.
8. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
9. Use a butter knife to create two holes on opposite sides of the pint, remove the ice cream, and grab the cookies from the freezer.
10. Quickly add 1.5 cookies to each side of the pint, return the ice cream, reload, and run the mix-in setting.
11. Chop up the remaining cookie and add half over the top of the pint.
12. Halfway through enjoying, add the other half so that you have chunks of cookie in every bite of the creaming experience!

MACROS



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PEANUT BUTTER OVERLOAD

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

430g fat-free milk

8g peanut butter

4.2g vanilla extract

DRY

24.3g Gorilla Mode Vanilla Ice Cream protein

18g powdered peanut butter

15g granulated erythritol

0.7g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

26g mini peanut butter cups (130cal)

4g peanut butter, melted

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
7. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the pb cups.
8. Return the ice cream to the pint, reload, and run the mix-in setting.
9. Microwave peanut butter in a small bowl for 30-45 seconds until melted. Drizzle over the finished ice cream.
10. Happy creaming!

MACROS

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CHERRY CHOCOLATE CHUNK

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

20g cherry juice, jarred
380g 2% milk
2 egg yolks
4.2g vanilla extract

DRY

16g PEScience Gourmet Vanilla protein
40g granulated erythritol
0.5g salt
0.8g xanthan gum

MIX-INS/TOPPINGS

5 bing cherries, jarred
14g dark chocolate

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
7. While it spins, chop chocolate into 1/8" chunks and press out excess cherry juice with paper towels.
8. Use a butter knife to make a 1" hole in the center of the pint and remove the ice cream.
9. Layer in the cherries and chocolate.
10. Return the ice cream to the pint, load it up, and run the mix-in setting.
11. Eat now, thank me later.

PRO TIP: You can deseed, juice, and strain fresh cherries as a substitute for jarred cherries. You can also make a homemade version of jarred cherries. Please refer to the recipe video for details.

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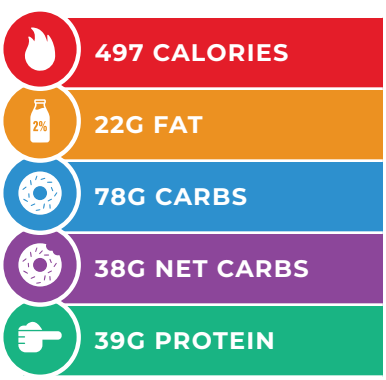

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FRUITY CRISPS

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g 1% milk
265g unsweetened almond milk
4.2g vanilla extract
15g Fruity Pebbles® syrup

DRY

40g granulated erythritol
1g salt
1g xanthan gum

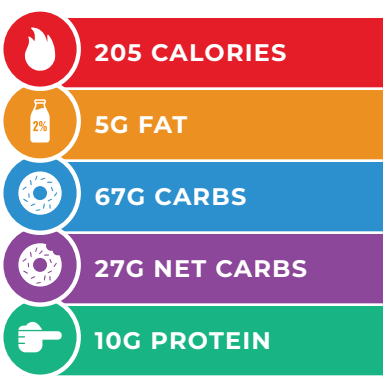
MIX-INS/TOPPINGS

9g Fruity Pebbles® cereal

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the mix-ins.
   - Set a couple grams of cereal aside to top your pint with once it's finished.
9. Return the ice cream to the pint, load it up, and run the mix-in setting.
10. Eat your new favorite breakfast any time of day.

MACROS



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CRUNCHY CINNAMON SQUARES

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g 1% milk
280g unsweetened almond milk
4.2g vanilla extract

DRY

50g granulated erythritol
1.5g ground cinnamon
1g salt
1g xanthan gum

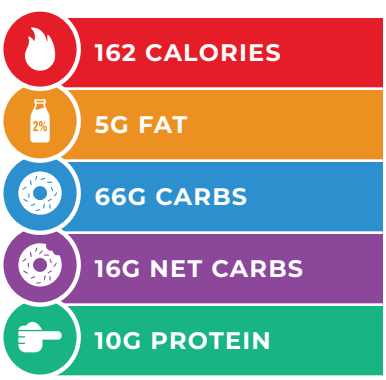
MIX-INS/TOPPINGS

10g Cinnamon Toast Crunch® cereal

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the mix-ins.
   - Set a couple grams of cereal aside to top your pint with once it's finished.
9. Return the ice cream to the pint, load it up, and run the mix-in setting.
10. Bathe in cinnamon luxury.

MACROS



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MARSHMALLOWS + CRISPS

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g 1% milk
280g unsweetened almond milk
4.2g vanilla extract

DRY

45g granulated erythritol
1g salt
1g xanthan gum

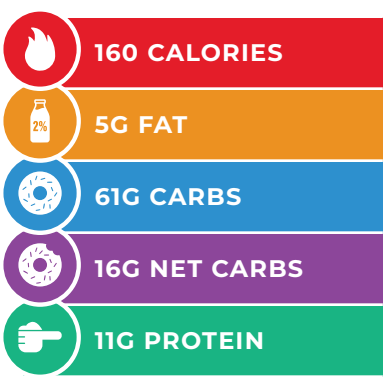
MIX-INS/TOPPINGS

11g Lucky Charms® cereal

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the mix-ins.
   - Set a couple grams of cereal aside to top your pint with once it's finished.
9. Return the ice cream to the pint, load it up, and run the mix-in setting.
10. Get lucky.

MACROS



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PEANUT BUTTER PUFFS

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g fat-free milk
280g unsweetened almond milk
4.2g vanilla extract

DRY

45g granulated erythritol
1.5g salt
1g xanthan gum
8g powdered peanut butter

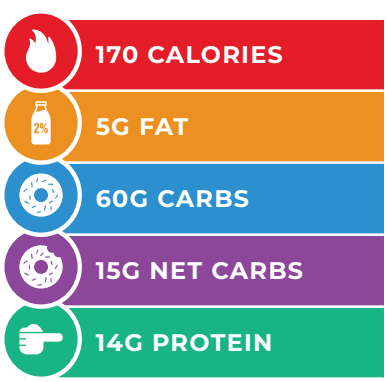
MIX-INS/TOPPINGS

8g Reese's Puffs® cereal

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the mix-ins.
   - Set a couple grams of cereal aside to top your pint with once it's finished.
9. Return the ice cream to the pint, load it up, and run the mix-in setting.
10. Chuckle to yourself as you eat this and drop weight without even trying.

MACROS



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COOKIES N' CRUNCH

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g 1% milk
280g unsweetened almond milk
2.1g vanilla extract

DRY

50g granulated erythritol
1g salt
1g xanthan gum
8g black cocoa powder

MIX-INS/TOPPINGS

10g Oreo O's® cereal

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the mix-ins.
   - Set a couple grams of cereal aside to top your pint with once it's finished.
9. Return the ice cream to the pint, load it up, and run the mix-in setting.
10. Try not to inhale it.

TIP: Want to take this cream to the next level? Add 10g of mini marshmallows (+34 calories) to your mix-ins and layer them into the middle of the pint before loading it back up for the mix-in setting.

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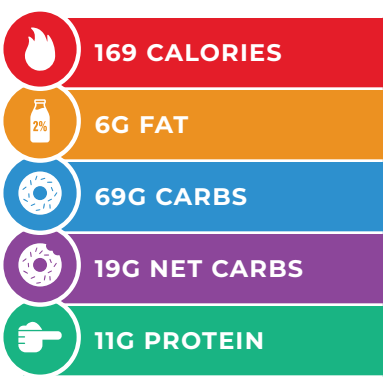

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COCOA CRISPS

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

160g 1% milk
280g unsweetened almond milk
3 drops coffee extract

DRY

50g granulated erythritol
1g salt
1g xanthan gum
8g dutch-processed cocoa powder

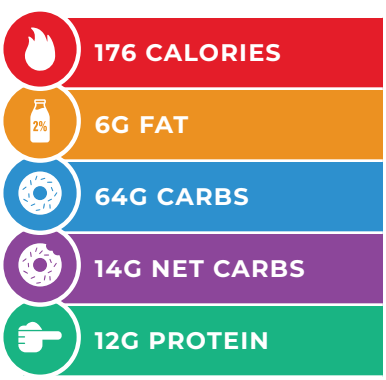
MIX-INS/TOPPINGS

10g Cocoa Pebbles® cereal

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Use a butter knife to make a 1" hole in the center of the pint, remove the ice cream, and add the mix-ins.
   - Set a couple grams of cereal aside to top your pint with once it's finished.
9. Return the ice cream to the pint, load it up, and run the mix-in setting.
10. Scoop, eat, repeat.

MACROS



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APPLE PIE

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

410g 1% milk
4.2g vanilla extract
1 egg yolk (or 20g extra milk)

DRY

20g PEScience Snickerdoodle protein
40g granulated erythritol
1g apple pie spice
1g salt
1g xanthan gum

MIX-INS/TOPPINGS

12g Apple Toast Crunch® cereal
20g apple, peeled and diced
Pinch granulated erythritol
Pinch ground cinnamon

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. While it spins, peel and dice 1/3 apple. Top with erythritol and cinnamon; mix to coat.
8. Load the pint right back up and run the re-spin setting.
9. Use a butter knife to make a 1" hole in the center of the pint and remove the ice cream.
10. Layer in the apple and cereal, saving a couple grams for topping.
11. Return the ice cream to the pint, load it up, and run the mix-in setting.
12. Grab a spoon and enjoy some fresh apple pie.

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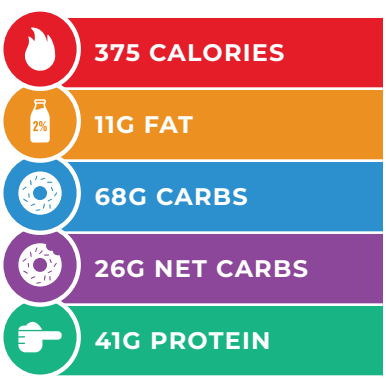

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EGGNOG

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

290g 1% milk

120g almond milk eggnog

4.2g vanilla extract

1 egg yolk (or 20g extra milk)

DRY

20g PEScience Gourmet Vanilla protein

40g granulated erythritol

1g ground cinnamon

1g salt

1g xanthan gum

Dash nutmeg

INSTRUCTIONS

1. Add wet ingredients into a high-sided container.
2. Place the dry ingredients in a measuring cup and whisk to combine.
3. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
4. Once all dry ingredients dissolve, blend for another 90 seconds.
5. Pour into a pint, cover, and freeze for 24 hours.
6. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
7. Load the pint right back up and run the re-spin setting.
8. Load the pint up one more time and press the mix-in button.
9. Unwrap your gift with a spoon.

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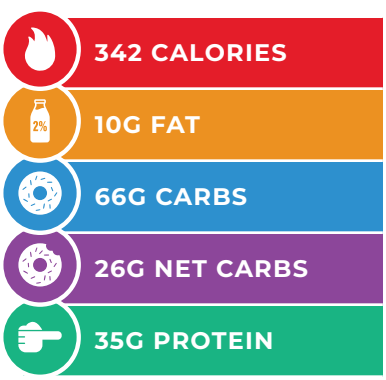

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SHAKES

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BANANA BREAD CAKE SHAKE

SERVINGS: 1
PREP: 40 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

440g 1% milk

4.2g vanilla extract

30g brown sugar erythritol

DRY

12.2g Gorilla Mode Vanilla Ice Cream protein

10g sugar

0.7g salt

0.8g xanthan gum

MIX-INS/TOPPINGS

1 banana bread muffin

INSTRUCTIONS

1. Make the **BANANA BREAD MUFFINS**.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Use a butter knife to create two holes on opposite sides of the pint, remove the ice cream, and cut the muffin in half.
9. Add a half muffin to each side of the pint, return the ice cream, reload, and run the mix-in setting.
10. Cream til' the cows come home.

TIP: If you won't use all the muffins before they spoil, freeze them and microwave one for 30-60 seconds whenever you want to cream again. Just let it come to room temperature before adding it as a mix-in.

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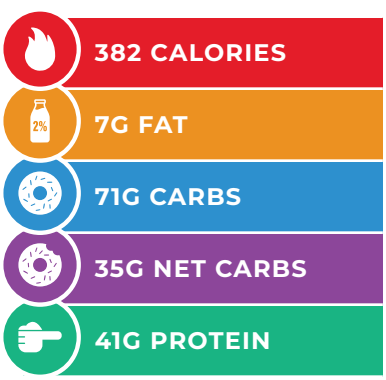

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BLUEBERRY CRUMB CAKE SHAKE

SERVINGS: 1
PREP: 55 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

440g 1% milk

4.2g vanilla extract

DRY

12.2g Gorilla Mode Vanilla Ice Cream protein

30g granulated erythritol

10g sugar

0.7g salt

0.8g xanthan gum

MIX-INS/TOPPINGS

½ blueberry muffin

INSTRUCTIONS

1. Make the **JUMBO BLUEBERRY MUFFINS**.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the ice cream button.
8. Cut one of the muffins in half and use a butter knife to create a hole large enough to fit the muffin in the middle of the pint. Remove the ice cream.
9. Add the muffin to the pint, return the ice cream, reload, and run the mix-in setting.
10. Grab a spoon and enjoy life.

TIP: If you won't use all the muffins before they spoil, freeze them and microwave one for 60-75 seconds whenever you want to cream again. Just let it cool before adding it as a mix-in.

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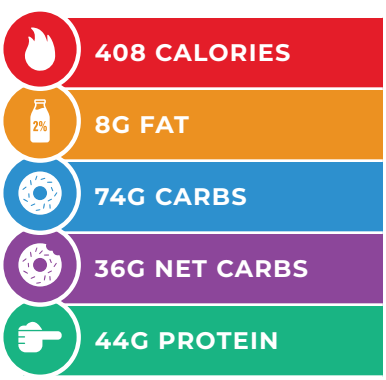

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CHOCOLATE CAKE SHAKE

SERVINGS: 1
PREP: 50 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

440g 1% milk

2.1g vanilla extract

6 drops coffee extract

DRY

13.9g Gorilla Mode Milk Chocolate protein

9g fat-free milk powder

25g granulated erythritol

8g cocoa powder

0.8g salt

0.7g xanthan gum

MIX-INS/TOPPINGS

½ triple chocolate muffin

INSTRUCTIONS

1. Make the **TRIPLE CHOCOLATE MUFFINS**.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
5. Once all dry ingredients dissolve, blend for another 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Cut one of the muffins in half and use a butter knife to create a hole large enough to fit the muffin in the middle of the pint. Remove the ice cream.
9. Add the muffin to the pint, return the ice cream, reload, and run the mix-in setting.
10. Enjoy!

TIP: If you won't use all the muffins before they spoil, freeze them and microwave one for 60-75 seconds whenever you want to cream again. Just let it cool before adding it as a mix-in.

MACROS

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FRUIT

SORBETS

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CANTALOUPE

SERVINGS: 1
PREP: 15 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

300g cantaloupe

160g water

DRY

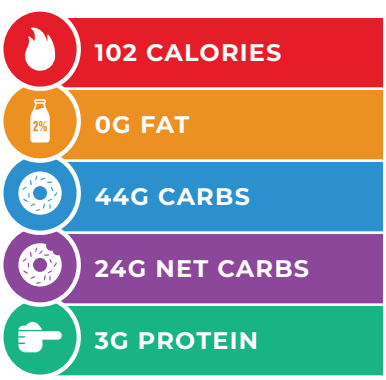
20g granulated erythritol

0.5g salt

INSTRUCTIONS

1. Wash and dry a cantaloupe. Cut off the ends, trimming as little orange as possible, then cut in half.
2. Remove the seeds. Set one half aside, place the other cut side down on the cutting board.
3. Cut where the orange flesh meets the green rind, following it down. Go all the way around until the rind is removed. Cube the flesh and set aside.
4. Repeat with the other half.
5. Add ingredients to a high-sided container. Using an immersion blender, crush cantaloupe and mix for an additional 90 seconds.
6. Pour into a pint, cover, and freeze for 24 hours.
7. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Load the pint right back up and run the re-spin setting.
9. Unload the pint and using a spoon, push the contents of the CREAMi® down, smooth out and level the surface, load it back up, and hit the re-spin button.
10. Sorbet so smooth, it's disrespectful not to dig in.

MACROS



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GRAPEFRUIT

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

220g grapefruit
220g water
Zest of half grapefruit

DRY

50g granulated erythritol
0.5g salt
0.5g xanthan gum

INSTRUCTIONS

1. Zest half a grapefruit into a high-sided container.
2. Juice the grapefruit into a medium-sized bowl.
3. Strain juice into the container along with any extra pulp. Add water.
4. Place the dry ingredients in a measuring cup and whisk to combine.
5. With an immersion blender at the bottom of the container, start blending wet ingredients while gradually adding dry ingredients.
6. Once all dry ingredients dissolve, blend for another 90 seconds.
7. Pour into a pint, cover, and freeze for 24 hours.
8. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
9. Re-spin 1-2 more times until you reach your perfect consistency.
10. A little sour, a lot refreshing. Dig in.

MACROS

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MANGO

SERVINGS: 1
PREP: 20 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

300g mango
140g water

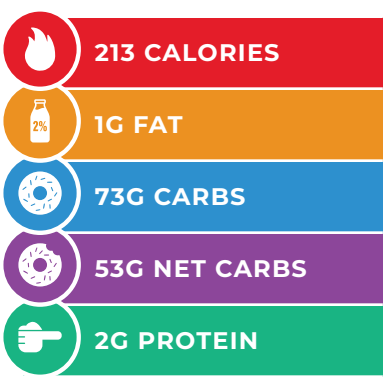
DRY

8g sugar
20g granulated erythritol
0.8g salt
0.5g xanthan gum

INSTRUCTIONS

1. Peel mango and cut around the pith, or the seed in the middle.
   - One large mango should yield about 300g of mango.
2. Add wet ingredients into a high-sided container.
3. Place the dry ingredients in a measuring cup and whisk to combine.
4. With an immersion blender, mix the wet ingredients for 30-60 seconds or until smooth.
5. Continue blending while slowly adding the dry ingredients.
6. Once all dry ingredients dissolve, blend for another 90 seconds.
7. Pour into a pint, cover, and freeze for 24 hours.
8. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
9. Load the pint right back up and run the mix-in setting.
10. Savor the mango vibes.

MACROS



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PEACH

SERVINGS: 1
PREP: 5 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

300g peaches
140g water

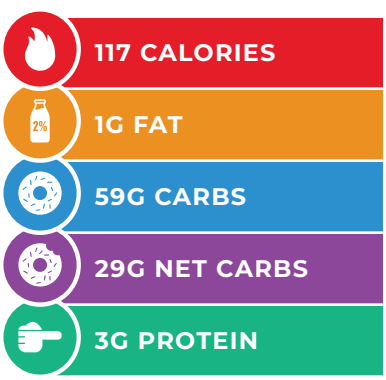
DRY

30g granulated erythritol
0.5g salt

INSTRUCTIONS

1. Rinse peaches, cut around the pit, twist to separate, and remove the pit.
2. Add all ingredients to a high-sided container. Using an immersion blender, crush the peaches and mix for an additional 90 seconds.
3. Pour into a pint, cover, and freeze for 24 hours.
4. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
5. Re-spin 1-2 more times until you reach your perfect consistency.
6. Scoop it up, because life *can* be peachy.

MACROS



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PINEAPPLE

SERVINGS: 1
PREP: 20 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

375g pineapple
65g water

DRY

6g sugar
15g granulated erythritol
0.8g salt
0.7g xanthan gum

INSTRUCTIONS

1. Lay the pineapple on its side and cut off the top and bottom.
2. Stand the pineapple upright and slice it straight down the center to create two equal halves.
3. Line up the knife with the core and slice down and inward at an angle to remove the core. Repeat for the other half.
4. Slice each half into quarters.
5. Cut down the middle of each quarter lengthwise until you reach the skin.
6. Turn the pineapple and slice at ½ inch intervals.
7. Run the edge of the knife between the flesh and skin to loosen the pieces.
8. Repeat steps 5-7 for the remaining quarters and store any extra pineapple in the fridge.
9. Add wet ingredients into a high-sided container.
10. Place the dry ingredients in a measuring cup and whisk to combine.
11. With an immersion blender, mix the wet ingredients for 20-40 seconds or until smooth.
12. Continue blending while slowly adding the dry ingredients.
13. Once all dry ingredients dissolve, blend for another 90 seconds.
14. Pour into a pint, cover, and freeze for 24 hours.
15. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
16. Adjust creaminess with an additional mix-in spin if necessary.
17. Lay back and enjoy this pineapple paradise.

MACROS

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RASPBERRY

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

230g raspberries

210g water

DRY

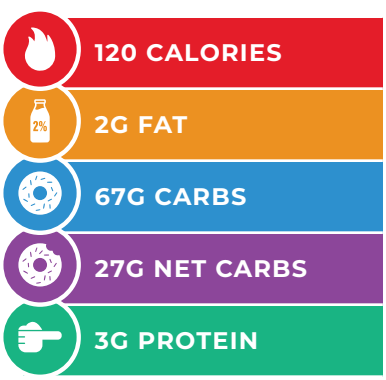
40g granulated erythritol

0.5g salt

INSTRUCTIONS

1. Rinse raspberries and add to a high-sided container with all other ingredients.
2. Using an immersion blender, mix the ingredients for 90 seconds.
3. Strain the mixture into a pint, adding seeds as desired. (I like no seeds or about half.)
4. Cover and freeze for 24 hours.
5. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
6. Re-spin 1-2 more times until you reach your perfect consistency.
7. Every spoonful? Berry satisfying.

MACROS



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STRAWBERRY

SERVINGS: 1
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

300g strawberries

130g water

DRY

20g granulated erythritol

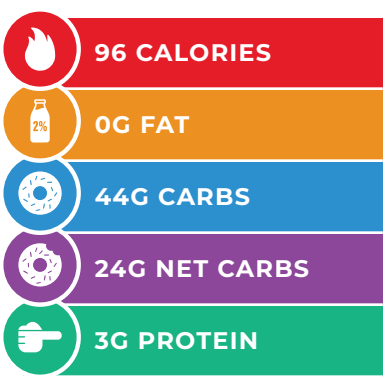
0.5g salt

INSTRUCTIONS

1. Rinse strawberries and cut off the stems.
2. Add ingredients to a high-sided container. Using an immersion blender, crush strawberries and mix for an additional 90 seconds.
3. Pour into a pint, cover, and freeze for 24 hours.
4. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
5. Load the pint right back up and run the re-spin setting.
6. Stop reading. Start scooping.

TIP: For a more ice cream-like texture, smooth out and level the pint with a spoon after the first re-spin, then run a second re-spin.

MACROS



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WATERMELON

SERVINGS: 1
PREP: 15 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

330g seedless watermelon
110g water

DRY

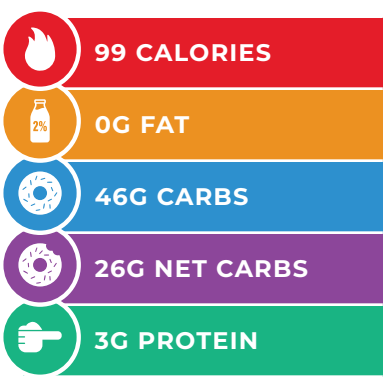
20g granulated erythritol
0.5g salt

INSTRUCTIONS

1. Wash and dry a watermelon, then place it on your largest cutting board.
2. Cut off the ends, trimming as little pink as possible, and slice the watermelon in half.
3. Set one half aside. Place the other half cut side down on the cutting board.
4. Cut where the pink meets the white rind, following it down. Go all the way around until the rind is removed (a little leftover is fine).
5. Cube the red flesh and set aside.
6. Repeat steps 3-5 for the other half of the watermelon.
7. Add ingredients to a high-sided container. Using an immersion blender, crush watermelon and mix for an additional 90 seconds.
8. Pour into a pint, cover, and freeze for 24 hours.
9. Take the frozen pint, run the sides and bottom under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
10. Load the pint right back up and run the re-spin setting.
11. Unload the pint and using a spoon, push the contents of the CREAMi® down, smooth out and level the surface, load it back up, and hit the re-spin button.
12. Enjoy the entire pint with zero guilt.

TIP: You can buy pre-cut fruit to make the first part of this process go much faster, but it will also be much more expensive to do so. In addition, one watermelon makes 10+ sorbets, so it's worth putting the extra work in.

MACROS



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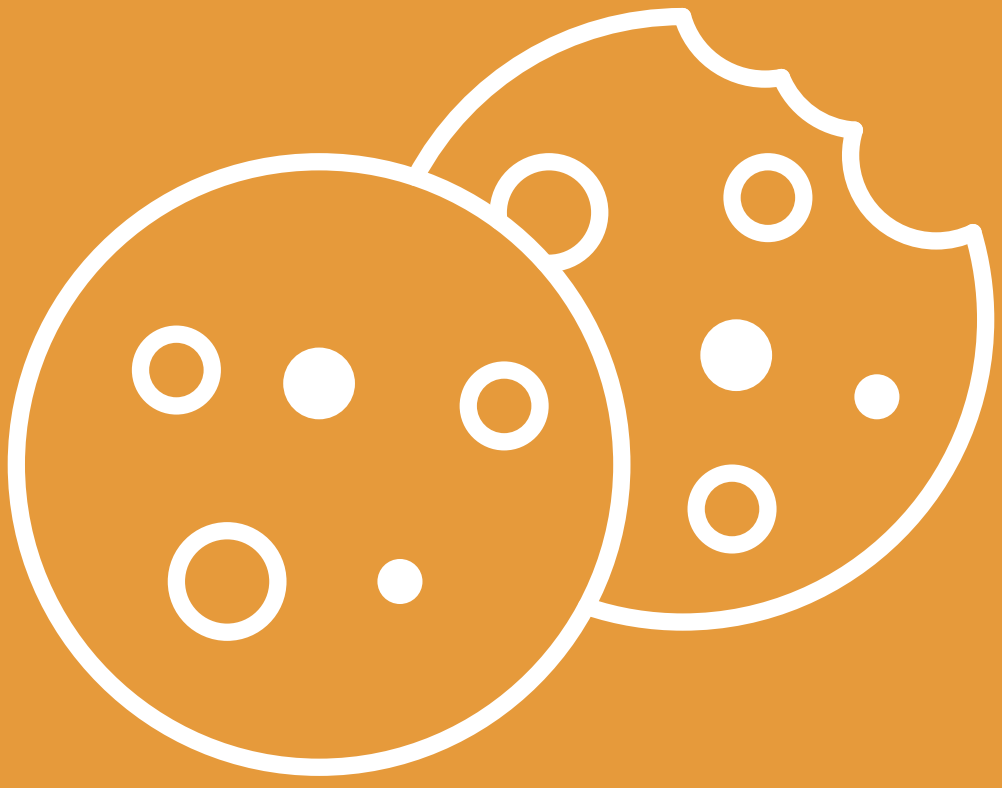
MIX-INS +



TOPPINGS

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BANANA BREAD MUFFINS

SERVINGS: 13
PREP: 15 MINUTES
COOK: 17 MINUTES

INGREDIENTS

WET

360g banana
2 eggs
10g unsalted butter, melted
11g avocado oil
4.2g vanilla extract
80g brown sugar erythritol

DRY

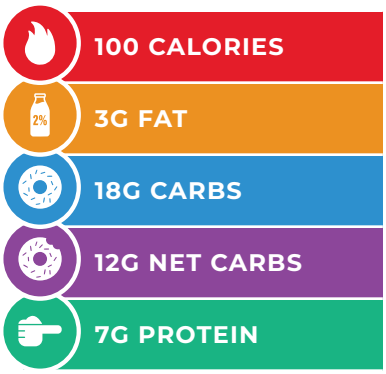
85g all-purpose flour
93g PEScience Snickerdoodle protein
7g ground cinnamon
3g salt
4g baking powder
2g baking soda

INSTRUCTIONS

1. In a large bowl, add bananas and break them down using a fork or an immersion blender.
2. Add the wet ingredients to the bowl and whisk to combine.
3. In another large bowl, add the dry ingredients and whisk to combine.
4. Add dry ingredients into the bowl of the wet ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
5. To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
6. Line 13 muffin liners on a sheet pan, add 58g of muffin mix to each liner, and bake in a preheated 350°F oven for 16-18 minutes.
   - You know they are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
7. Store muffins in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

TIP: If you want a moister muffin, pull them about one minute before they are done. They will be slightly underdone, but it'll make them so much more flavorful in my opinion.

MACROS (per muffin)



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BIRTHDAY CAKE COOKIE DOUGH

SERVINGS: 6
PREP: 10 MINUTES
COOK: 5 MINUTES

INGREDIENTS

DRY

90g all-purpose flour

48.6g Gorilla Mode Vanilla Ice Cream protein

1.5g salt

WET

21g unsalted butter

1 egg

1 egg yolk

7g cake batter extract

4.2g vanilla extract

32g granulated erythritol

16g brown sugar erythritol

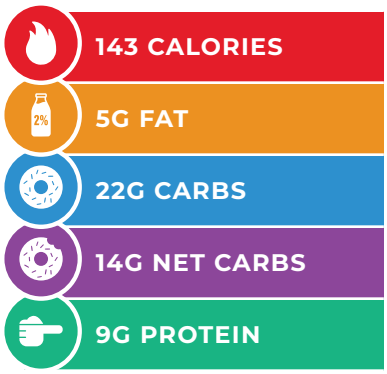
MIX-INS/TOPPINGS

8g sprinkles

INSTRUCTIONS

1. Add flour to a large bowl and microwave in 10-second intervals until it reaches 155°F.
2. Whisk in the remaining dry ingredients.
3. In a separate large bowl, microwave butter in 10-second intervals until melted.
4. Add remaining wet ingredients to the butter and whisk until combined.
5. Gradually mix the dry ingredients into the wet in 3-4 parts, whisking until smooth. When the mixture becomes too thick, switch to a spatula.
6. Use the spatula to bring the mixture up the sides of the bowl and wipe it down, repeating 3-5 times to ensure even mixing.
7. Fold in sprinkles, transfer to a container, and enjoy immediately or refrigerate for 24 hours for peak flavor.

MACROS (50g serving)



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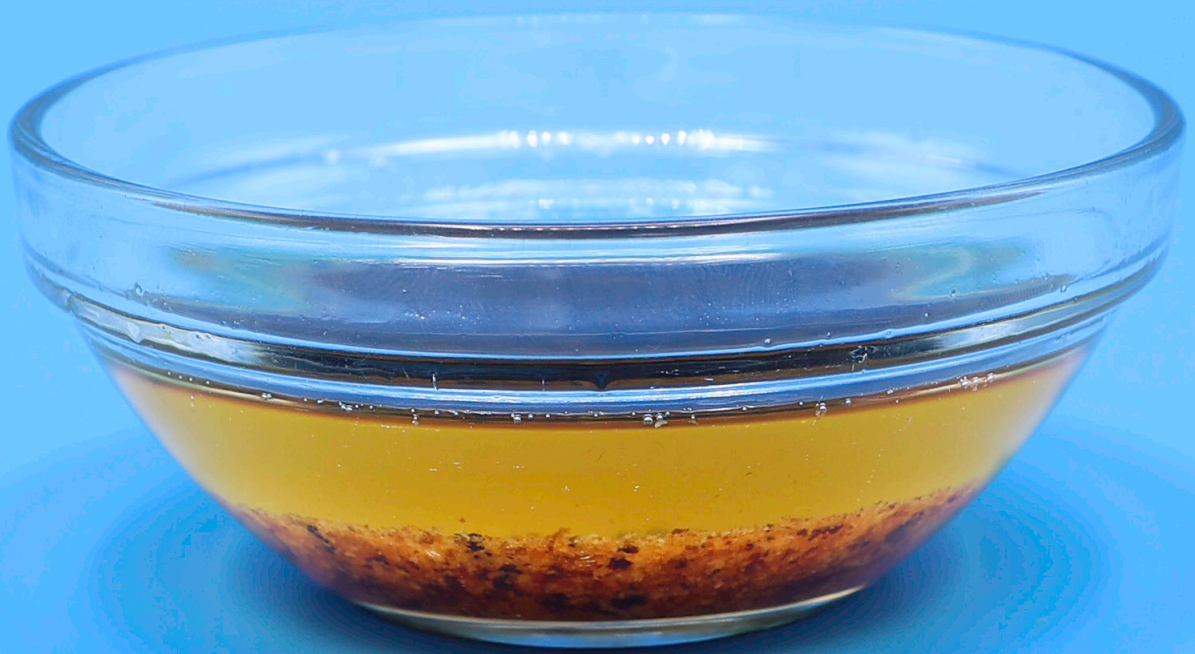

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BROWNED BUTTER

SERVINGS: 8
PREP: 5 MINUTES
COOK: 10 MINUTES

INGREDIENTS

WET

113g butter

DRY

7.5g fat-free milk powder

INSTRUCTIONS

1. Place butter in a small pot and set to medium heat.
2. Once butter has melted completely, add milk powder and stir constantly until it dissolves. This should take about 5-7 minutes.
3. Allow the butter sizzle and cook until the sizzling subsides and brown particles start to form at the bottom of the pan. This typically takes 4-6 minutes.
4. Remove from heat and immediately place the pot in an ice bath.
   - You'll have about 15-20 seconds before the brown particles go from brown to burnt, so I recommend erring on the side of caution and removing it as soon as the particles start to form, at least until you've made this recipe a few times.
5. Once the butter cools to 80-90°F, transfer it to a container and refrigerate.

MACROS (12g serving)

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BUTTERED PECANS

SERVINGS: 7
PREP: 20 MINUTES
COOK: 5 MINUTES

INGREDIENTS

WET

25g browned butter

DRY

120g pecans, halved
2g salt

INSTRUCTIONS

1. Make **BROWNED BUTTER**.
2. Place pecans in a pot over medium heat and toast for 4-6 minutes or until their aroma fills the air. Shake occasionally to ensure even toasting.
3. Remove from heat, add the browned butter and salt, and mix well.
4. Once cooled, transfer to a container and freeze.

MACROS (20g serving)

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CHOCOLATE CHIP COOKIE DOUGH

SERVINGS: 5
PREP: 10 MINUTES
COOK: N/A

INGREDIENTS

DRY

90g all-purpose flour

48.6g Gorilla Mode Vanilla Ice Cream protein

1.5g salt

WET

21g unsalted butter

1 egg

1 egg yolk

4.2g vanilla extract

24g granulated erythritol

24g brown sugar erythritol

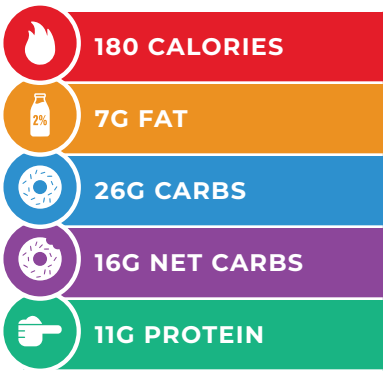
MIX-INS/TOPPINGS

21g mini chocolate chips

INSTRUCTIONS

1. Add flour to large bowl and heat it up in the microwave in ten second intervals until it reaches 155°F.
2. Add the rest of the dry ingredients to the bowl and whisk thoroughly.
3. In a separate large bowl, microwave butter in ten second intervals until melted.
4. Add the rest of the wet ingredients over the butter and whisk until combined.
5. Add the dry ingredients to the wet ingredients in 3-4 parts and combine using a whisk. Once one part is fully mixed in, add another, and repeat until finished.
   - When mixture becomes too thick for the whisk, switch to a spatula.
6. To ensure everything is well combined, bring mixture up the sides of the bowl with the spatula and wipe down the sides of the bowl. Repeat this process 3-5 times.
7. Add chocolate chips, mix until combined, and put in a container.
8. Enjoy right away or for peak flavor, refrigerate for 24 hours.

MACROS (60g serving)



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GRAHAM CRACKER CRUMBLE

SERVINGS: 6
PREP: 10 MINUTES
COOK: 12 MINUTES

INGREDIENTS

WET

20g sugar-free maple syrup
10g butter, melted
2.1g vanilla extract

DRY

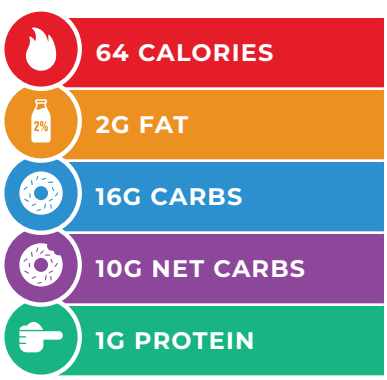
80g graham crackers
40g brown sugar erythritol
0.5g cinnamon
0.5g salt

INSTRUCTIONS

1. Place the graham crackers in a plastic bag and crush them with a rolling pin or your hands until a mix of both large and small chunks forms.
2. In a bowl, use a rubber spatula to combine the crushed graham crackers with the remaining ingredients.
   - It may seem like there aren't enough wet ingredients at first, but continue working the mixture, and the crumble will come together.
3. Line a small sheet pan with parchment paper and evenly spread the crumble mixture across the surface.
4. Lightly spray your hands with oil, then press the crumble down to a thickness of about ¼ inch.
5. Bake in a preheated 350°F oven for 12-14 minutes.
6. Let the crumble cool to room temperature. Once cooled, chop it into a mix of larger and smaller chunks.
7. Store the chopped crumble in a container and transfer to the freezer until ready to use.

NOTE: This recipe makes about 130g of crumble, enough for 6-7 ice creams.

MACROS (20g serving)



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JUMBO TRIPLE CHOCOLATE MUFFINS

SERVINGS: 6
PREP: 15 MINUTES
COOK: 40 MINUTES

INGREDIENTS

DRY

120g granulated erythritol
30g sugar
4.5g salt
90g all-purpose flour
99g PEScience Chocolate Truffle protein
30g cocoa powder
6g baking powder
3g baking soda
0.5g xanthan gum

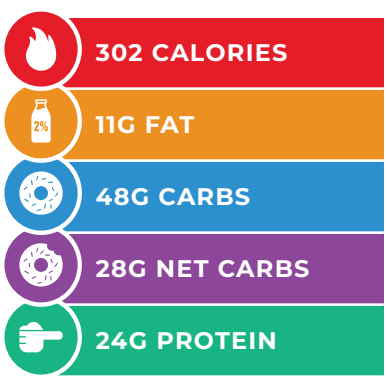
WET

1 egg
2 egg yolks
120g 2% chocolate milk
370g 2% Greek yogurt
10g avocado oil
2g coffee extract

MIX-INS/TOPPINGS

56g chocolate chips

MACROS (per muffin)



INSTRUCTIONS

1. Add the erythritol, sugar, and salt to a large bowl and place a mesh strainer over the bowl.
2. Add the remaining dry ingredients to the strainer and sift them into the bowl.
   - If you only have vanilla whey/casein protein powder, it will work, but it may reduce the chocolaty flavor—add 5-10g extra cocoa powder to compensate.
3. Press any remaining chunks through the strainer and pour any leftover remnants into the bowl.
4. Thoroughly whisk the dry ingredients, then use a spoon to create a well in the middle of the bowl.
5. Pour all the wet ingredients into the well and whisk ONLY the wet ingredients until fully combined.
6. Switch to a rubber spatula and gently fold the ingredients together until just BARELY combined — overmixing will result in chewy muffins.
   - When finished, fold 3-4 more times and scrape the bottom to ensure the dry ingredients have been soaked up.
7. Line a jumbo muffin pan with large baking cups, lightly spray each cup with oil to prevent sticking, and add 160g of batter into each cup.
8. Evenly top each muffin with chocolate chips and bake in a preheated 300°F oven for 38-42 minutes.
   - The muffins are done when a toothpick inserted in the center comes out with a few crumbs but no wet batter.
9. Allow the muffins to cool on a wire rack for 1 hour or until the chocolate hardens.
10. Store them in an airtight container lined with a paper towel or simply place them in a plastic bag. Enjoy within 3-4 days.

TIP 1: Turn muffins into lava cakes by baking 4-5 minutes less.

TIP 2: Microwave for 10-15 seconds to enjoy a fresh baked eating experience.

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JUMBO BLUEBERRY MUFFINS

SERVINGS: 6
PREP: 15 MINUTES
COOK: 35 MINUTES

INGREDIENTS

WET

2 eggs
1 egg yolk
100g granulated erythritol
350g 2% Greek yogurt
12g avocado oil
10g imitation vanilla

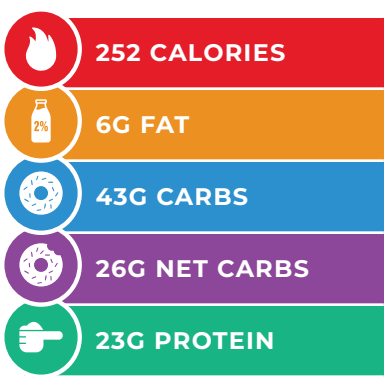
DRY

90g all-purpose flour
95g PEScience Gourmet Vanilla protein
3g salt
4g baking powder
2g baking soda
1g xanthan gum

MIX-INS/TOPPINGS

225g + 30g blueberries
3g all-purpose flour
24g turbinado sugar
2g lemon zest

MACROS (per muffin)



INSTRUCTIONS

1. Add the eggs, egg yolk, and erythritol to a large bowl and whisk to combine.
2. Add the rest of the wet ingredients to the bowl and whisk to combine.
3. In another large bowl, add the dry ingredients and whisk to combine.
4. Add dry ingredients into the bowl of the wet ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
5. Add blueberries to a medium bowl, top with flour, and shake the bowl to evenly distribute the flour. This will stop the blueberries from sinking to the bottom while cooking.
6. Add 225g blueberries to the batter and fold them in until evenly distributed.
7. Line a jumbo muffin pan with large baking cups, lightly spray each cup with oil to prevent sticking, and add 170g of batter to each cup.
8. In a small bowl, add turbinado sugar. Using a zester, add the zest from a medium lemon into the bowl and mix to combine.
9. Top each muffin with the sugar mixture and remaining blueberries. Bake in a preheated 300°F oven for 33-37 minutes.
   - You know they are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
10. Let muffins cool on a wire rack for 1 hour and store in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

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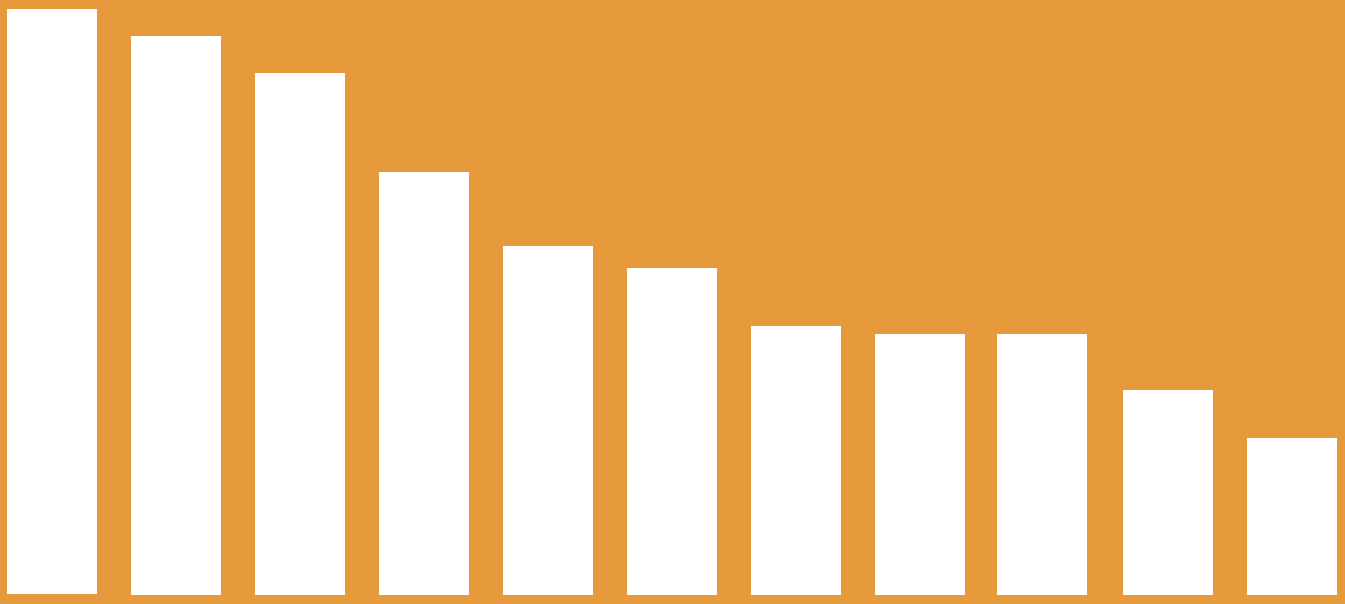
REFERENCE



TABLES

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MASTER RECIPE NUTRITION TABLE

PER SERVING

RECIPE	CALORIES	FAT (G)	CARB (G)	NET CARB (G)	PROTEIN (G)
CLASSICS					
Vanilla Base "Good"	143	5	53	8	14
Vanilla Base "Better"	201	4	57	12	24
Vanilla Base "Best"	285	13	58	13	26
Chocolate Base "Good"	143	6	56	6	11
Chocolate Base "Better"	225	6	62	12	25
Chocolate Base "Best"	345	14	71	21	28
Cookies & Cream	512	12	61	51	49
Chocolate Chip Cookie Dough	499	15	45	27	58
Mint Chocolate Chip	456	16	49	29	50
Pistachio	583	29	48	28	53
Salted Caramel	387	5	56	46	35
Butter Pecan	527	27	45	20	47
Cake Batter	497	13	55	32	58
Cookies & Cream NickFlurry	496	14	61	41	49
SPECIALTY					
Mint Oreo	523	15	64	44	50
S'mores	491	9	90	64	37
Nickscoff Cookie	539	19	62	47	42
Death by Chocolate	549	24	55	35	48
Lemon Bar	534	17	62	42	50
PB Marshmallow Creme Supreme	502	8	68	53	51
Bubble Gum	289	9	37	12	36
Cotton Candy	302	8	31	16	37
Banana Cream Pie	455	7	81	60	37
Cookie Mintster	556	19	67	47	46
Peanut Butter Overload	524	17	51	36	56
Cherry Chocolate Chunk	497	22	78	38	39
Fruity Crisps	205	5	67	27	10
Crunchy Cinnamon Squares	162	5	66	16	10
Marshmallows & Crisps	160	5	61	16	11
Peanut Butter Puffs	170	5	60	15	14
Cookies N' Crunch	169	6	69	19	11
Cocoa Crisps	176	6	64	14	12
Apple Pie	375	11	68	26	41
Egg Nog	342	10	66	26	35

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MASTER RECIPE NUTRITION TABLE, CONT.

RECIPE	CALORIES (PER SERVING)	FAT (G) (PER SERVING)	CARB (G) (PER SERVING)	NET CARB (G) (PER SERVING)	PROTEIN (G) (PER SERVING)
SHAKES					
Banana Bread Cake Shake	382	7	71	35	41
Blueberry Crumb Cake Shake	408	8	74	36	44
Chocolate Cake Shake	455	12	67	32	50
FRUIT SORBETS					
Cantaloupe Sorbet	102	0	44	24	3
Grapefruit Sorbet	73	0	69	19	2
Mango Sorbet	213	1	73	53	2
Peach Sorbet	117	1	59	29	3
Pineapple Sorbet	213	0	70	55	2
Raspberry Sorbet	120	2	67	27	3
Strawberry Sorbet	96	0	44	24	3
Watermelon Sorbet	99	0	46	26	3

RECIPE	PER SERVING					ENTIRE BATCH				
	CALORIES	FAT (G)	CARB (G)	NET CARB (G)	PROTEIN (G)	CALORIES	FAT (G)	CARB (G)	NET CARB (G)	PROTEIN (G)
MIX-INS + TOPPINGS										
Banana Bread Muffins	100	3	18	12	7	1306	33	239	159	96
Birthday Cake Cookie Dough (50g)	143	5	22	14	9	839	30	126	78	55
Browned Butter (12g)	104	11	1		0	833	89	4		3
Buttered Pecans (20g)	144	15	2		2	1057	111	17		13
Chocolate Chip Cookie Dough (60g)	180	7	26	16	11	897	34	132	84	57
Graham Cracker Crumble (20g)	64	2	16	10	1	432	16	107	67	5
Jumbo Blueberry Muffins	252	6	43	26	23	1510	39	257	157	135
Jumbo Triple Chocolate Muffins	302	11	48	28	24	1811	64	287	167	143

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